The ONLY official Spice Girls magazine

SPICE

Issue 5

£2.95

WRITTEN BY THE SPICE GIRLS!!!

INSIDE!

KARATE BABY
GERI'S CASTLE
THE WEIGHT DEBATE
POSH PETS
MEL C LIVE!
MAKE-UP SECRETS
MEL B LOUD AND PROUD
PLUS PHOTOS, NEWS, VIEWS AND LOOS!

FREE GIANT POSTERS

WIN!

A VIP TRIP TO OUR CONCERT IN

NEW YORK

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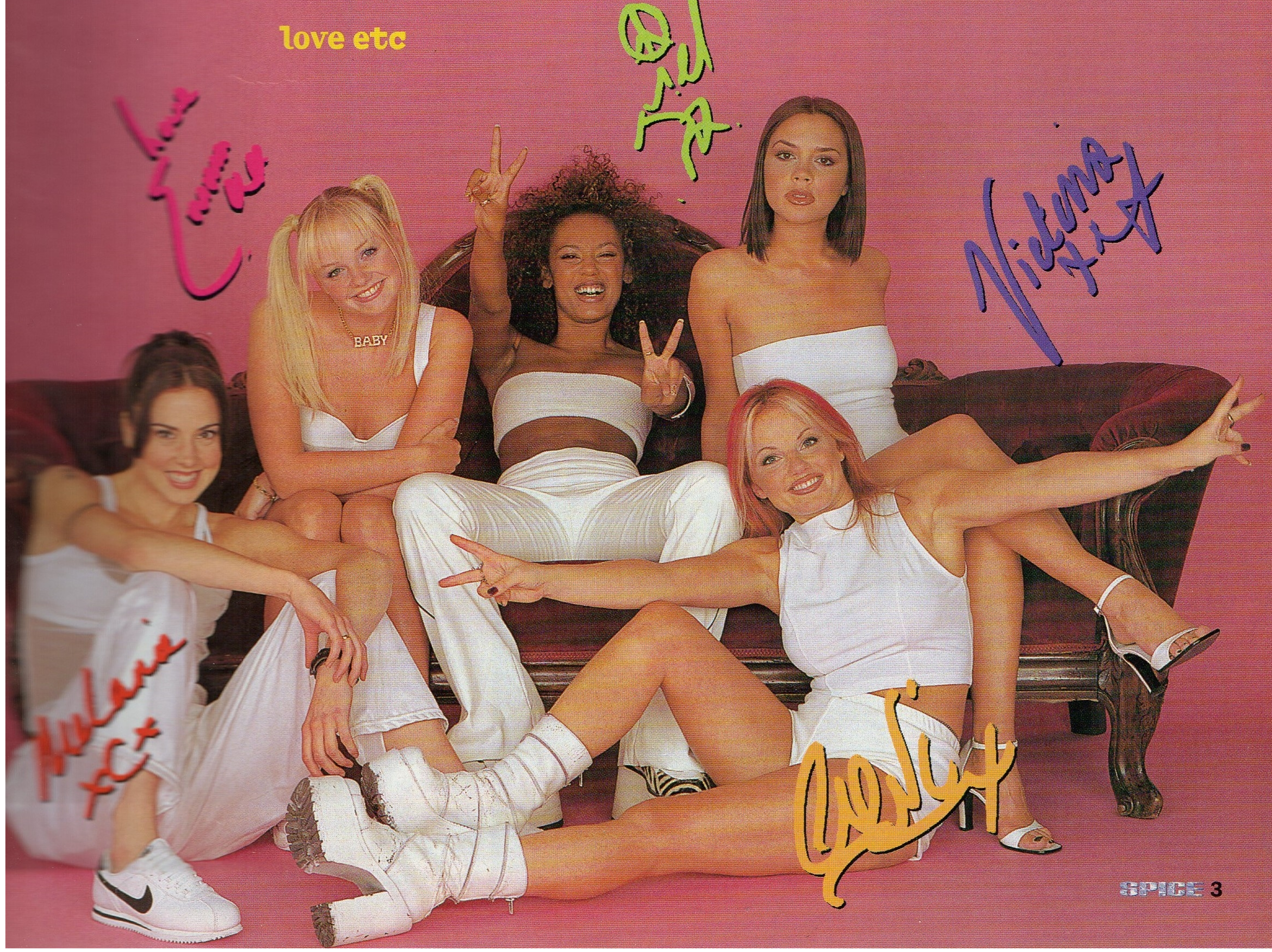
WELCOME to Spiceworld!

Thanks for buying SPICE you lot – we've really worked hard to make this the best issue ever! It's packed with all the latest info on what we've been getting up to over the past few months, plus loads of news and photos that you can't find anywhere else.(We always save the best for our magazine!)

Feeling fat? Find out what we think about diets (clue: we hate them!) in our special Girl Power feature on weight. Feeling broke? This issue's fashion pages show you how to Spice up your wardrobe for next to nothing! Feeling rough? Our make-up artist Karin reveals some top tips for slapping it on (or not, as it happens!) Plus, here's where we tell you what it was like to be at our film premieres around the world, the first night of the Spiceworld tour, the making of our videos, our amazing trip to South Africa and much, much more! So read on, Spicers, and enjoy – and don't forget, you read it here first!

love etc



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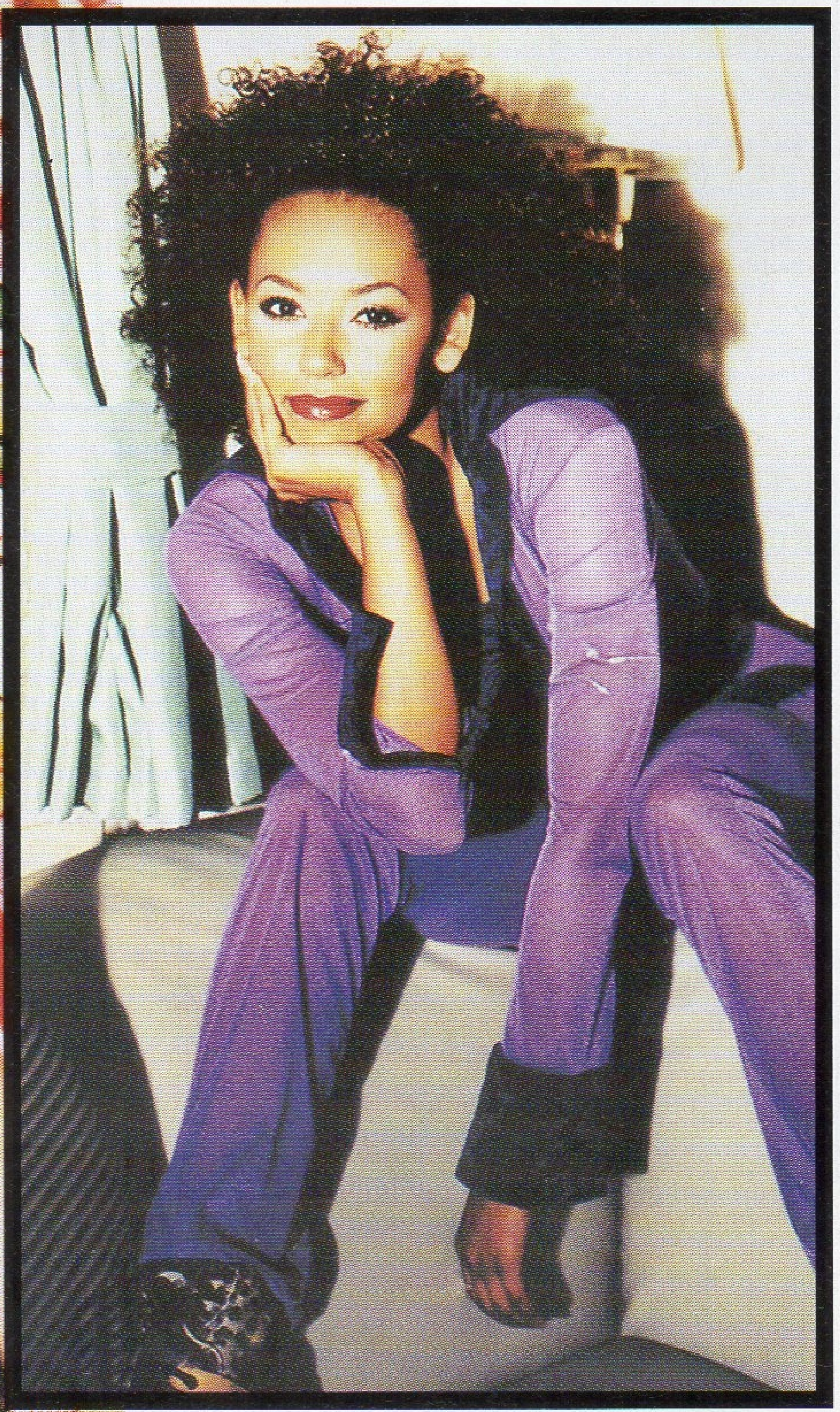

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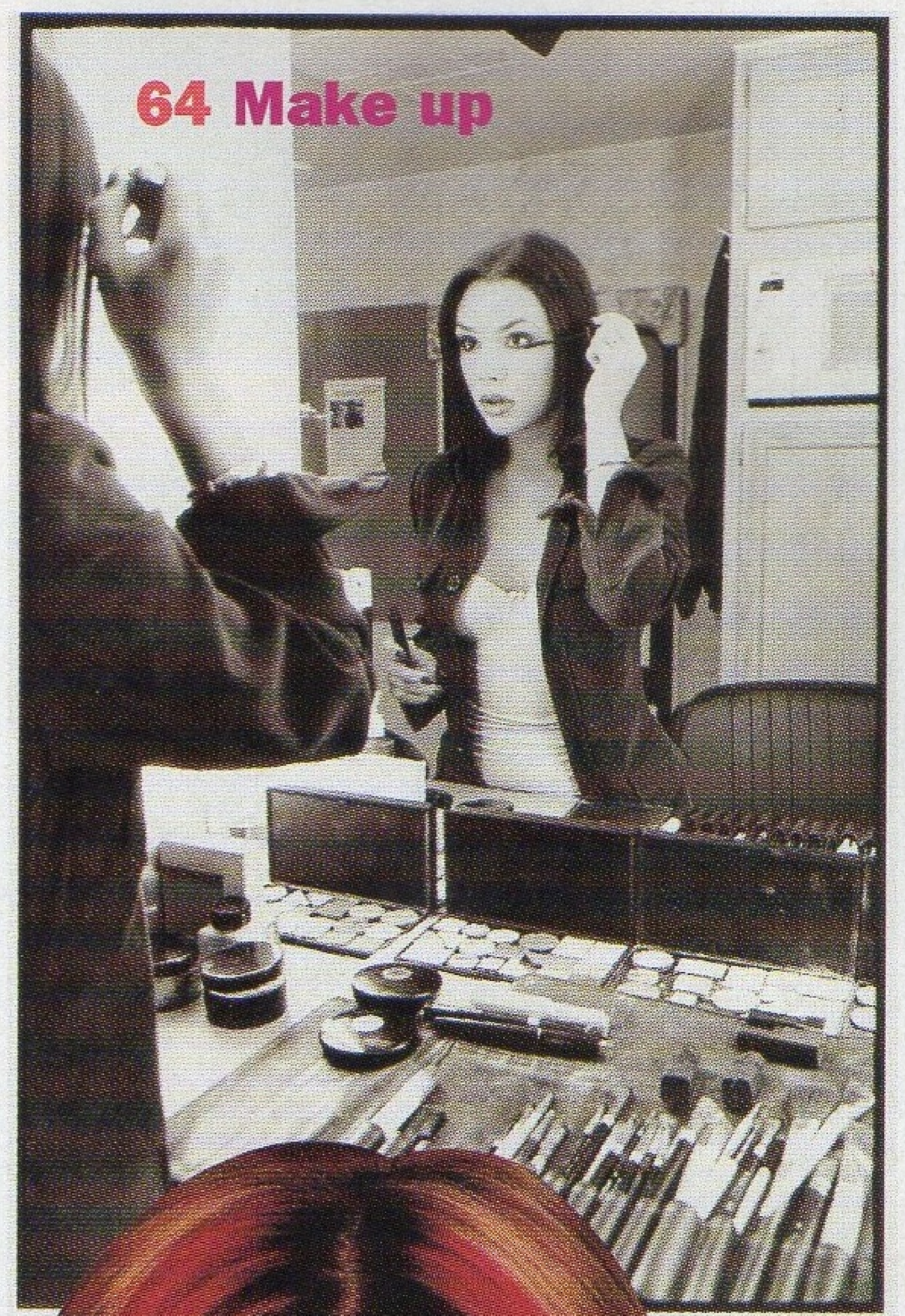
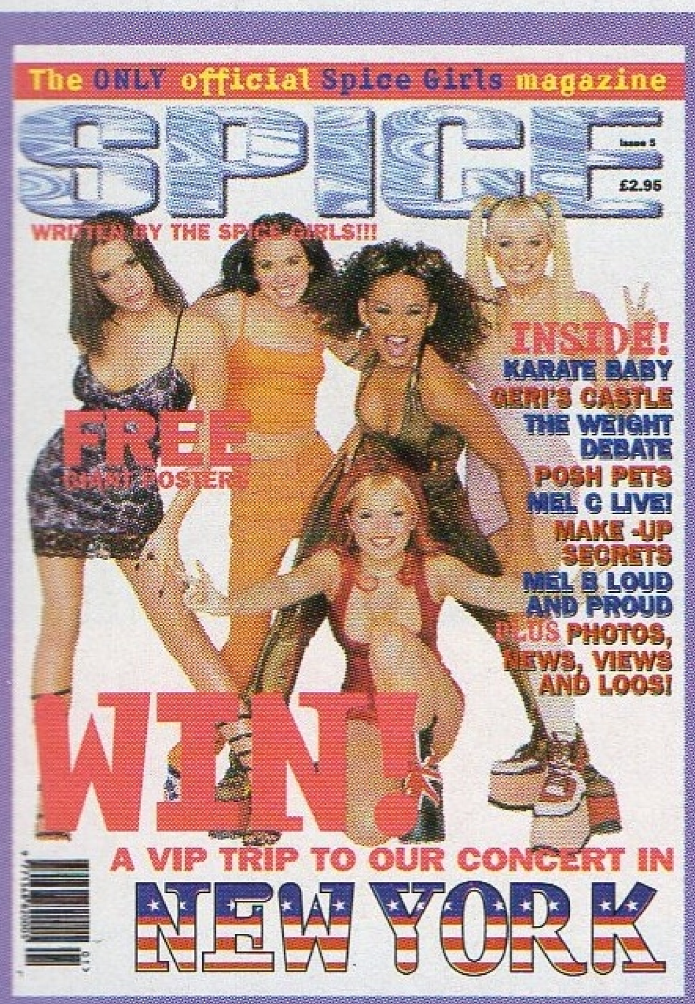

64 Make up



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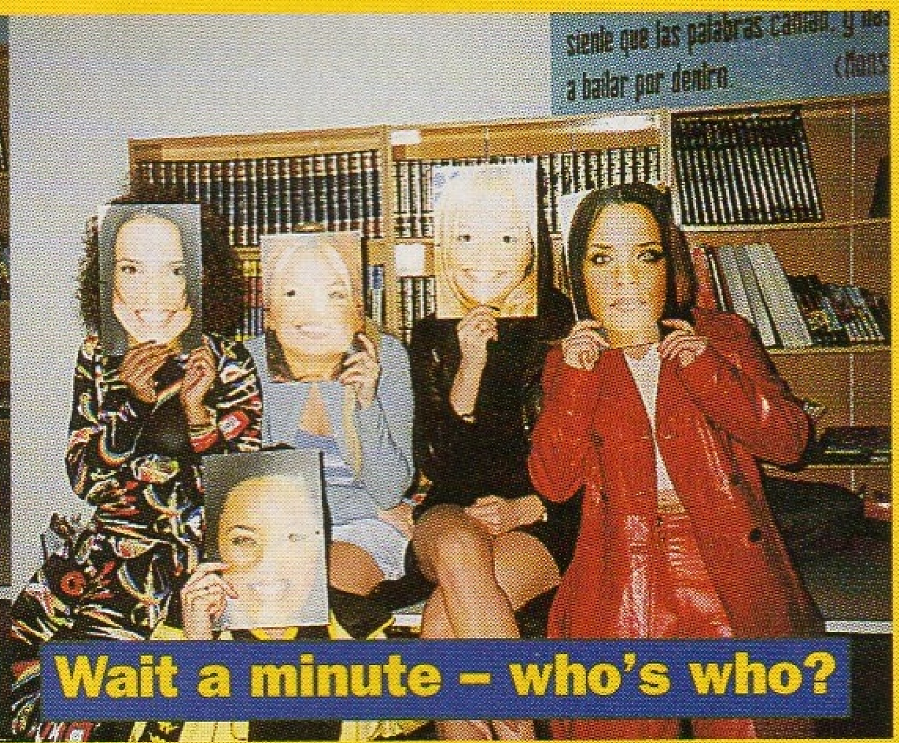
John Brown Publishing

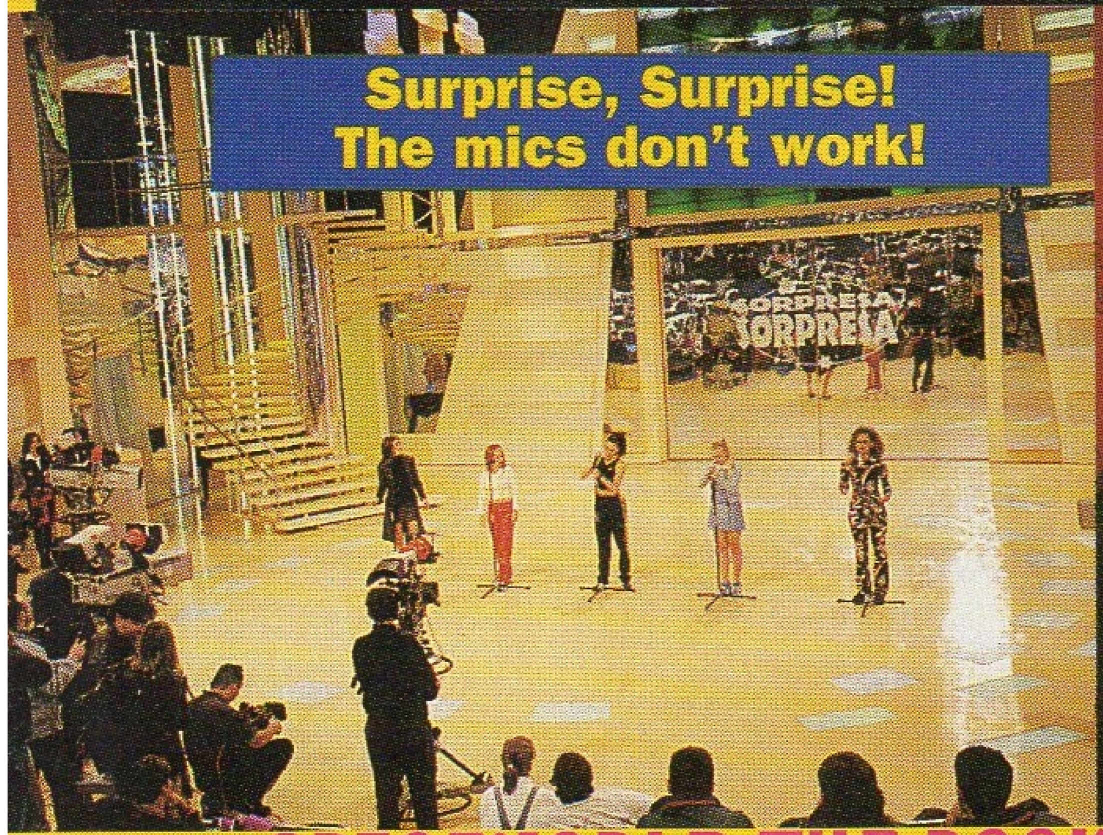
SPICE N

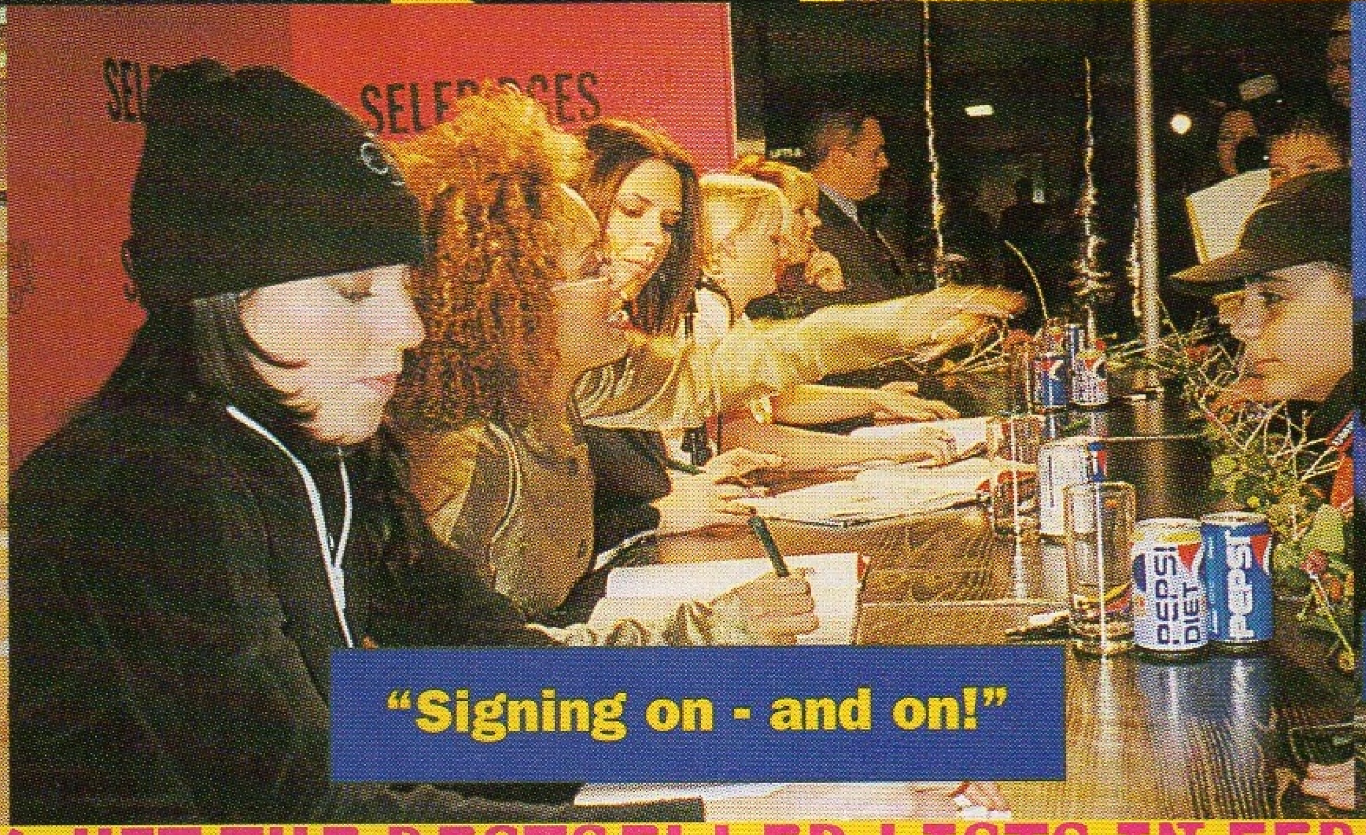
Ready to Conga!

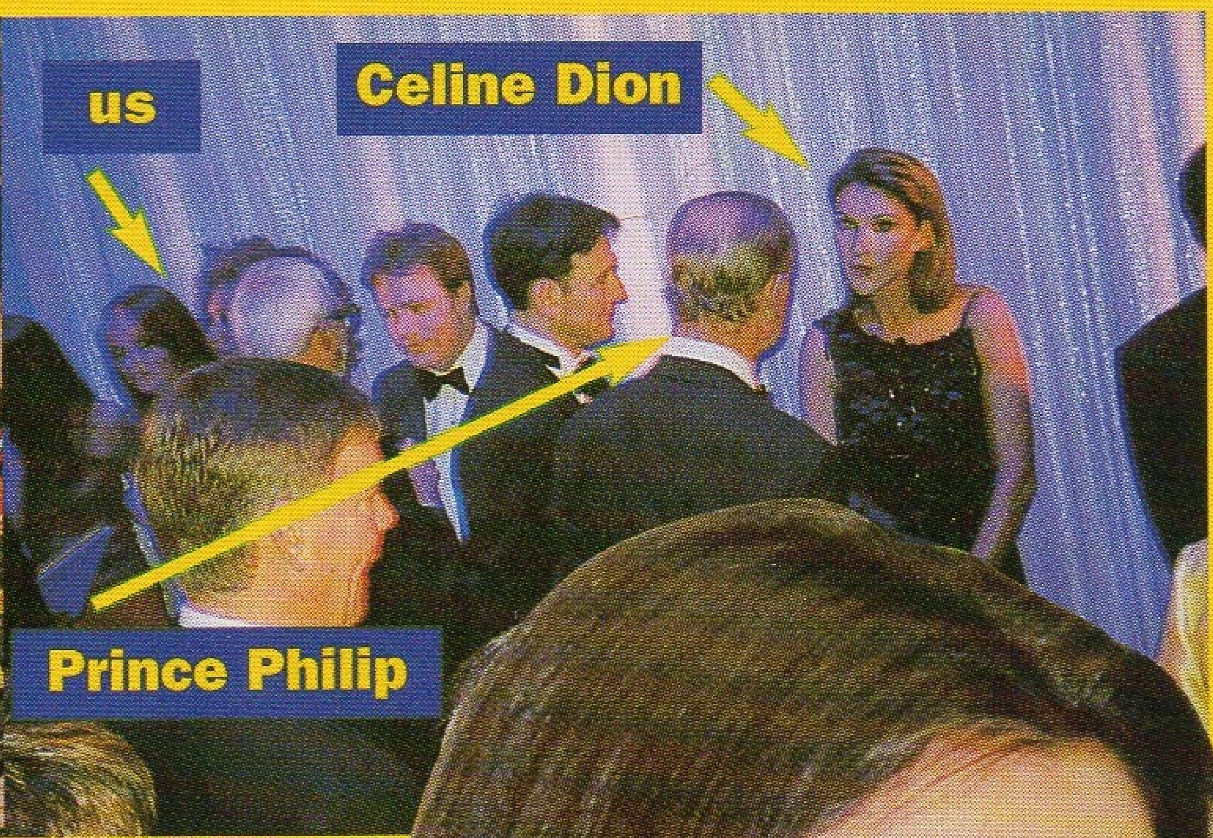
Oh no! Spice Imposters


Wait a minute – who's who?

• SPICEWORLD THE ALBUM WENT QUADRUPLE PLATINUM ON THE FIRST NIGHT OF OUR TOUR. IT'S NOW SOLD ALMOST ELEVEN MILLION!


Surprise, Surprise! The mics don't work!

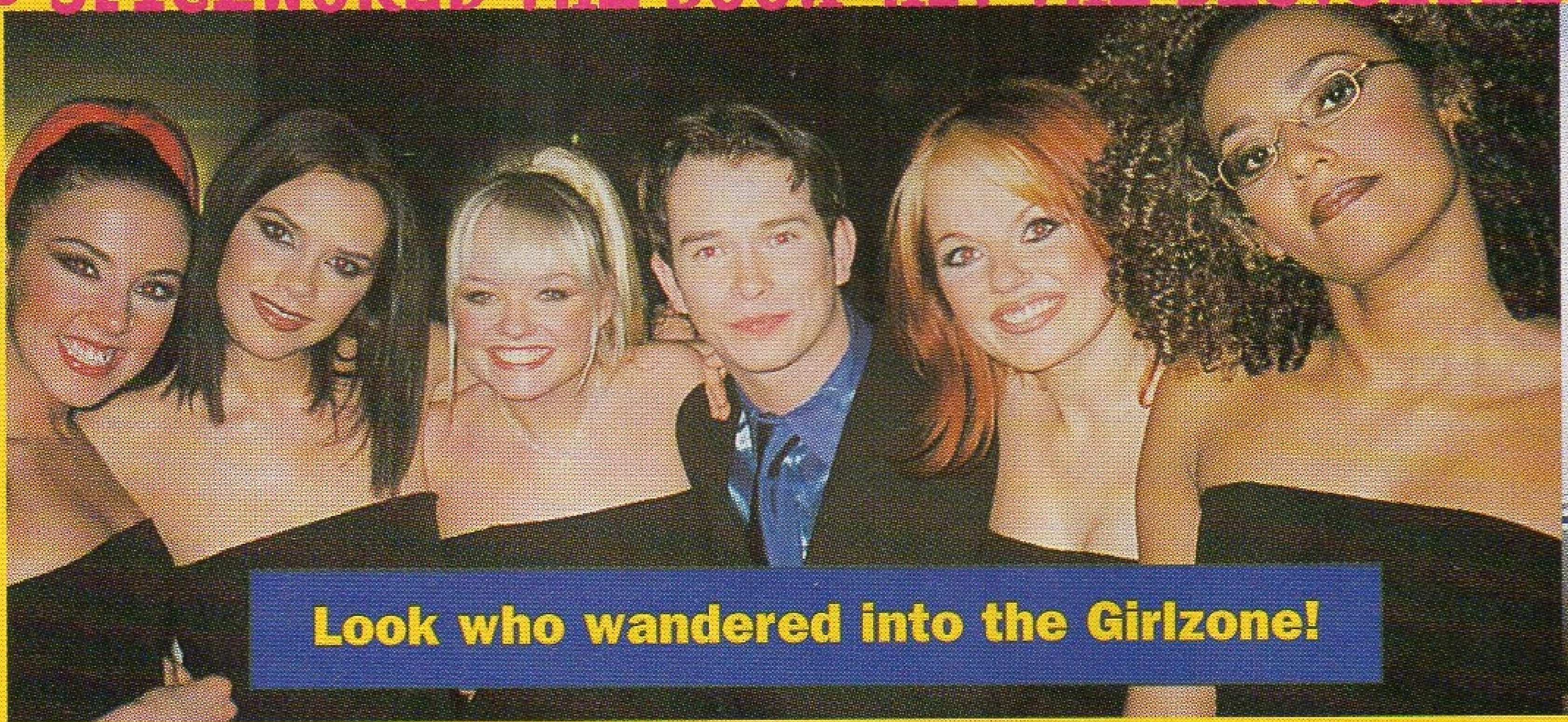

"Signing on - and on!"


us

Celine Dion

Prince Philip

• SPICEWORLD THE BOOK HIT THE BESTSELLER LISTS IN FEBRUARY!

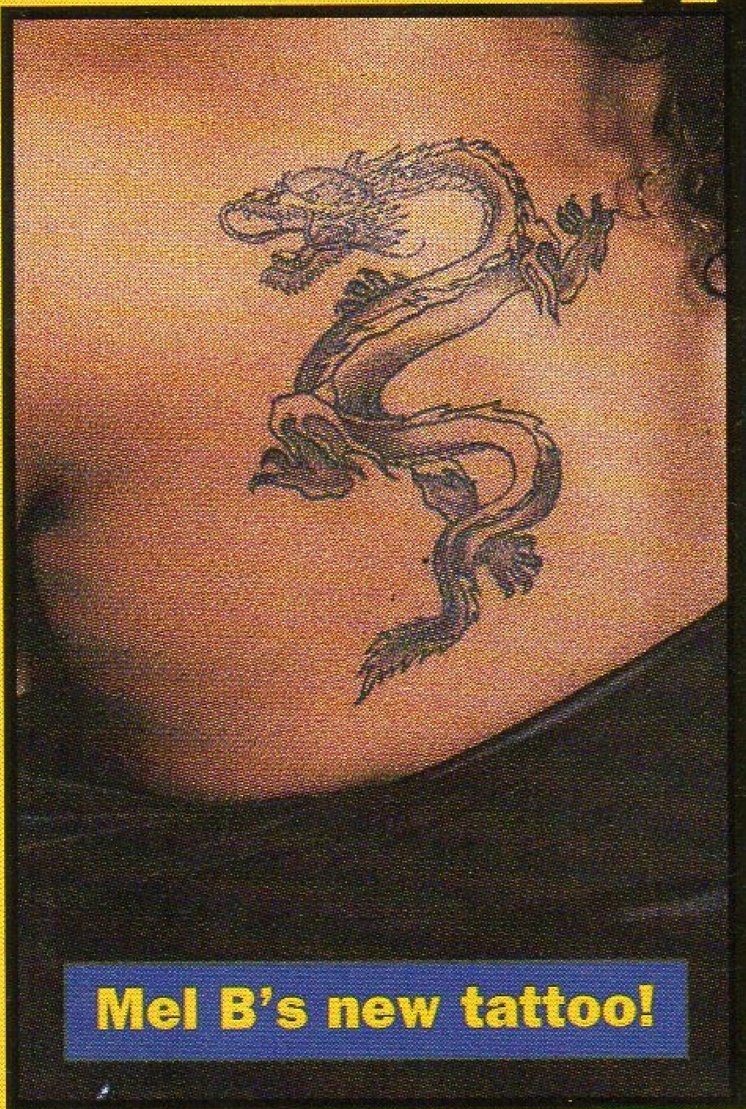

Look who wandered into the Girlzone!

Funny-looking cinema!

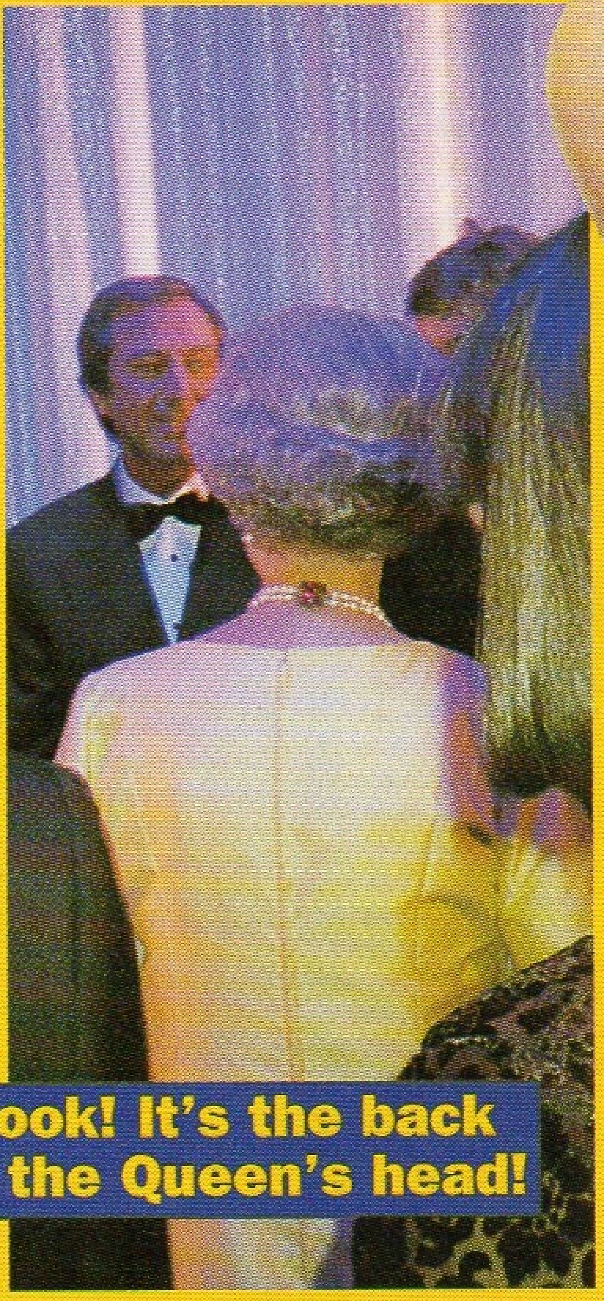
Help! I've got my tongue stuck firmly in my cheek!

• LAST YEAR'S POPPY APPEAL (WHICH WE LAUNCHED) MADE £2M MORE THAN THE YEAR BEFORE!

TATTOO CORNER


Mel B's new tattoo!

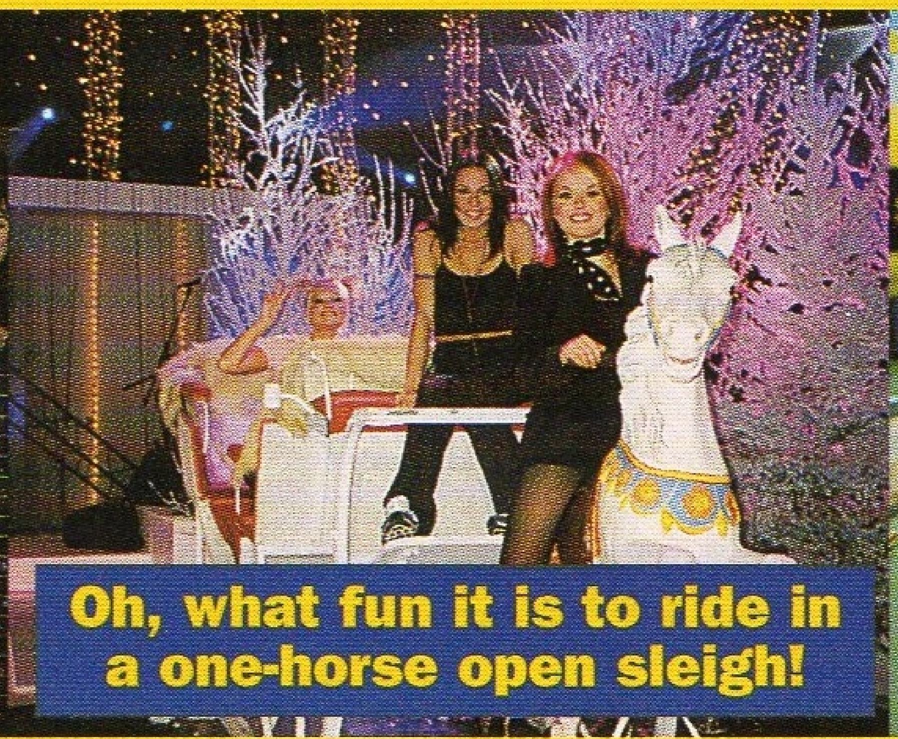
And Mel C's!!


Look! It's the back of the Queen's head!

EWS

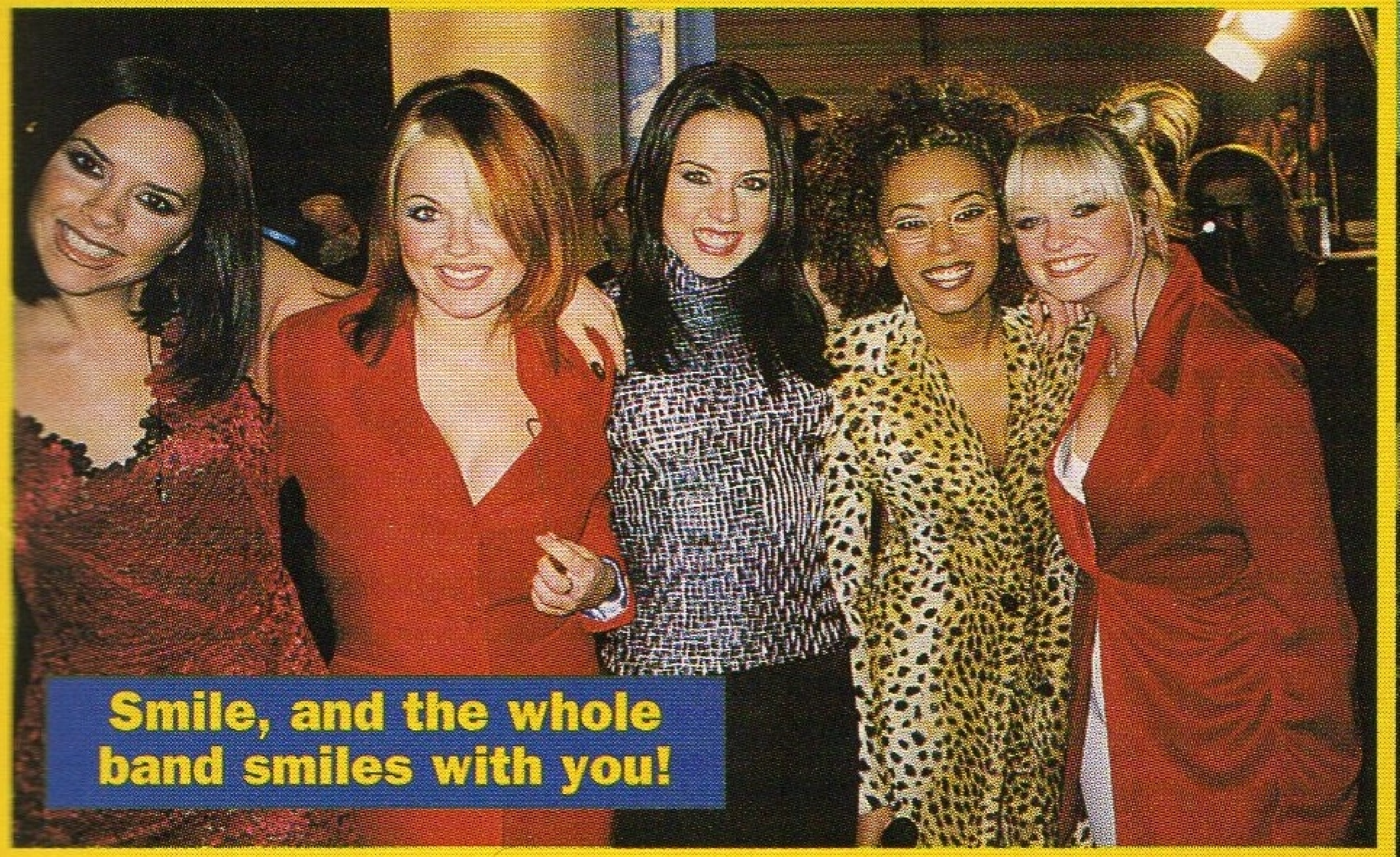
That's not how you do the Girl Power sign!

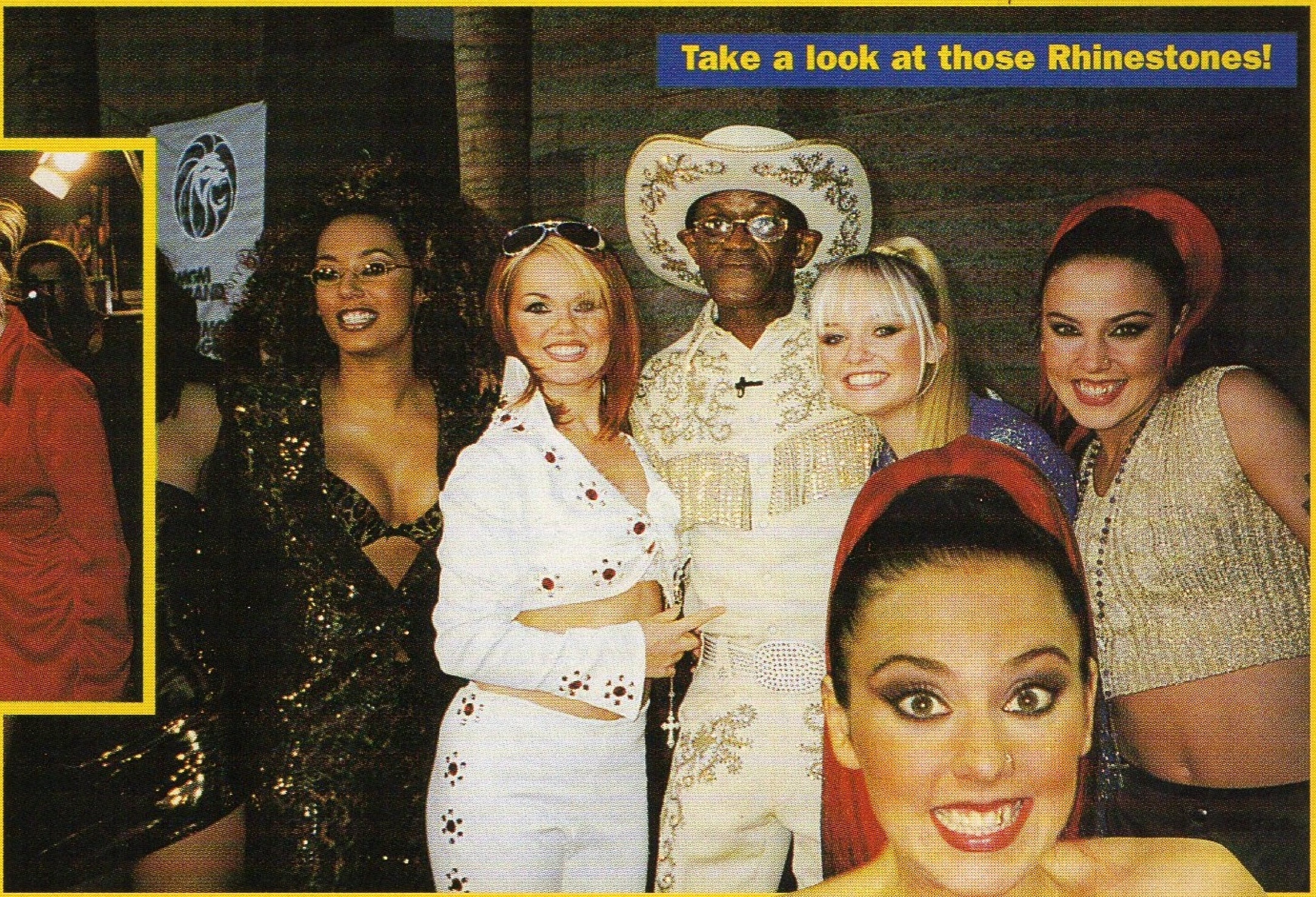
That's better!


Oh, what fun it is to ride in a one-horse open sleigh!

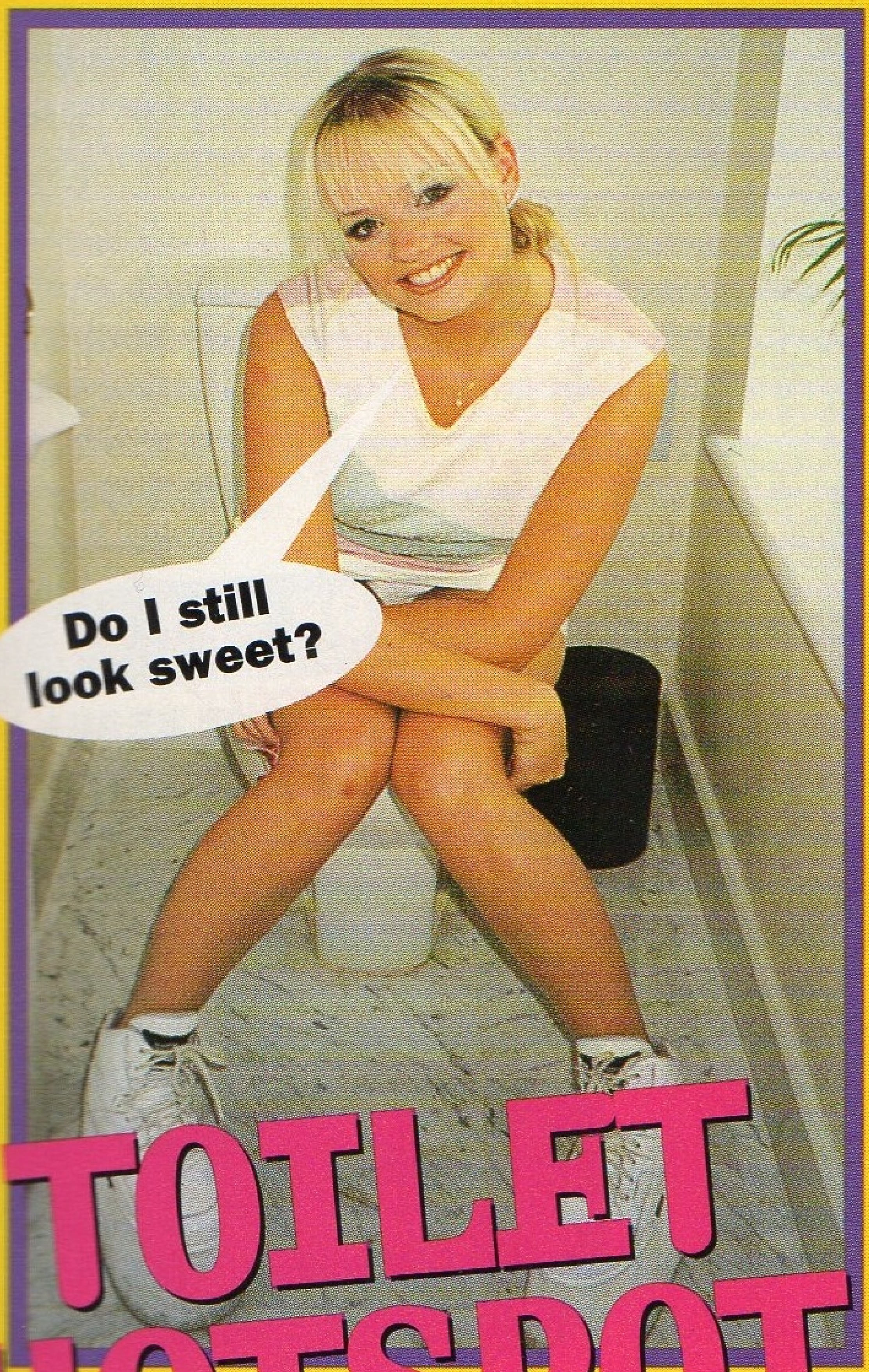
What a lot of babies! A surprise trip to a children's hospital

• IT'S OFFICIAL: SPICEWORLD THE MOVIE IS A SMASH HIT! SO FAR, IT'S TAKEN MORE THAN £62MILLION AT THE BOX OFFICE! AND THE PREMIERE IN LOS ANGELES ATTRACTED THE BIGGEST TURNOUT OF FANS EVER! THEY EVEN HAD TO CLOSE OFF HOLLYWOOD BOULEVARD!

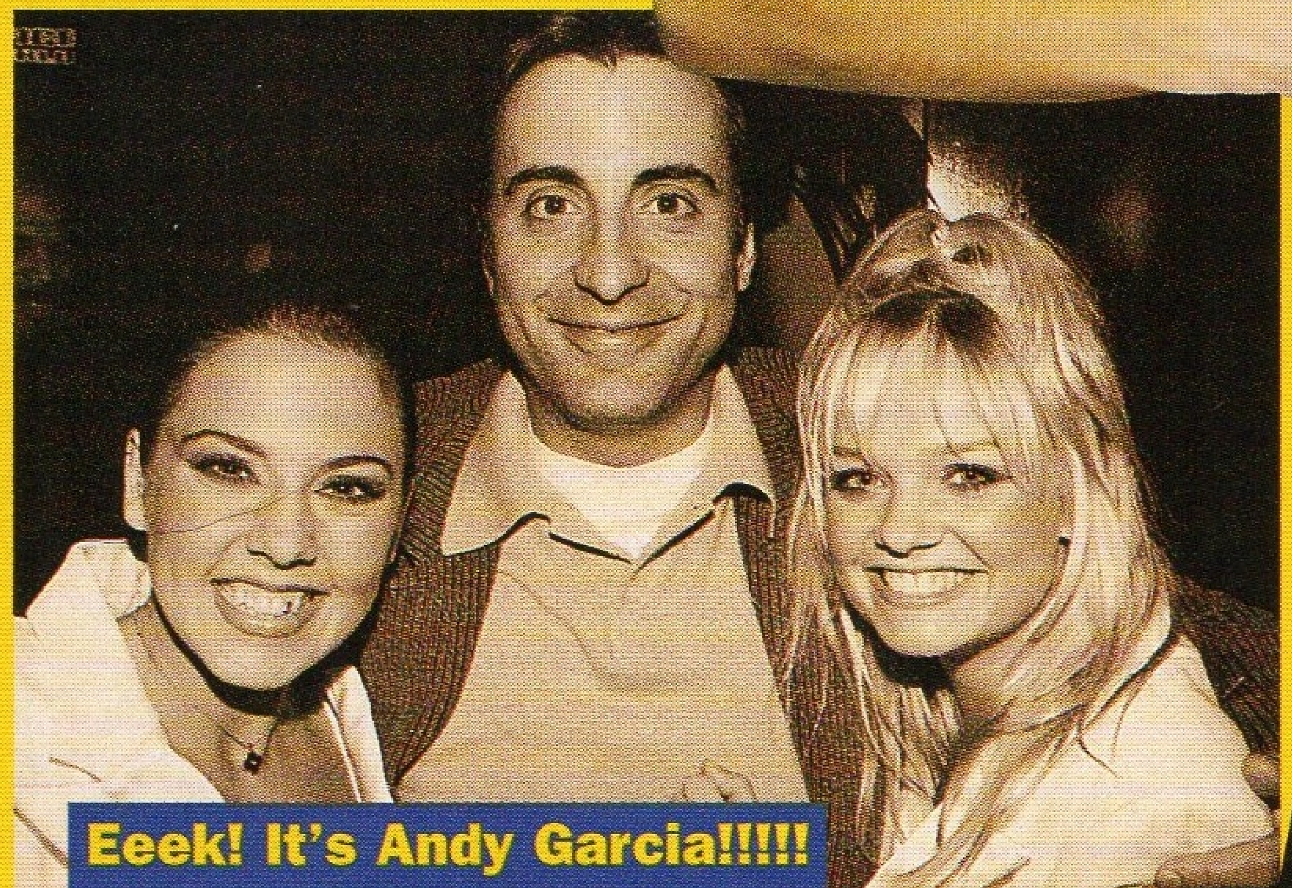

Smile, and the whole band smiles with you!


Take a look at those Rhinestones!

TOILET HOTSPOT



• WE SWEPT THE BOARD AT THE AMERICAN MUSIC AWARDS (BEST SINGLE, BEST VIDEO AND BEST BAND) AND WON TWO BILLBOARD AWARDS IN LAS VEGAS! GO! GO! GO!


Eeek! It's Andy Garcia!!!!!

Hope it stays up!

• WE'RE THE FIRST BRIT BAND SINCE THE BEATLES TO HAVE TWO ALBUMS IN THE US CHART AT THE SAME TIME!!!!!!

We couldn't tour without...

10 articulated lorries

£10,000,000 of equipment

100 touring personnel

7200 sausages

1800 cans of baked beans

8 buses

124 microphones

2700 styrocups

900lbs of chocs and sweets

120 metres of dance floor

600 lights

450 speakers

900 loaves of bread

300 tonnes of equipment

35 kilometres of cables

9000lbs of vegetables

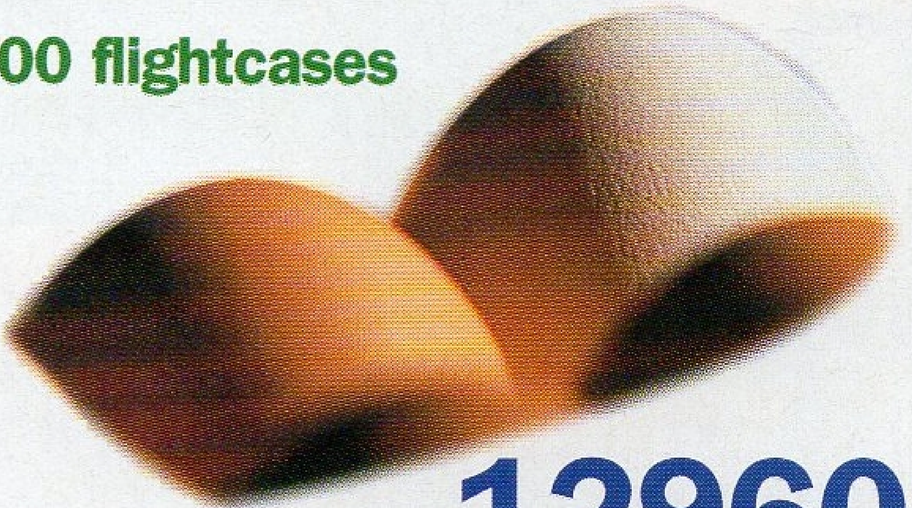
360lbs of butter

500 metres of trussing

2500 flightcases

14 smoke machines

17200 cans of soft drink



5000 local crew

720lbs of bacon

4000 breakfasts

9000 litres of bottled water

12960 eggs

300 stage costumes

enough power to run a large factory

800 suitcases

3600 veggy sausages

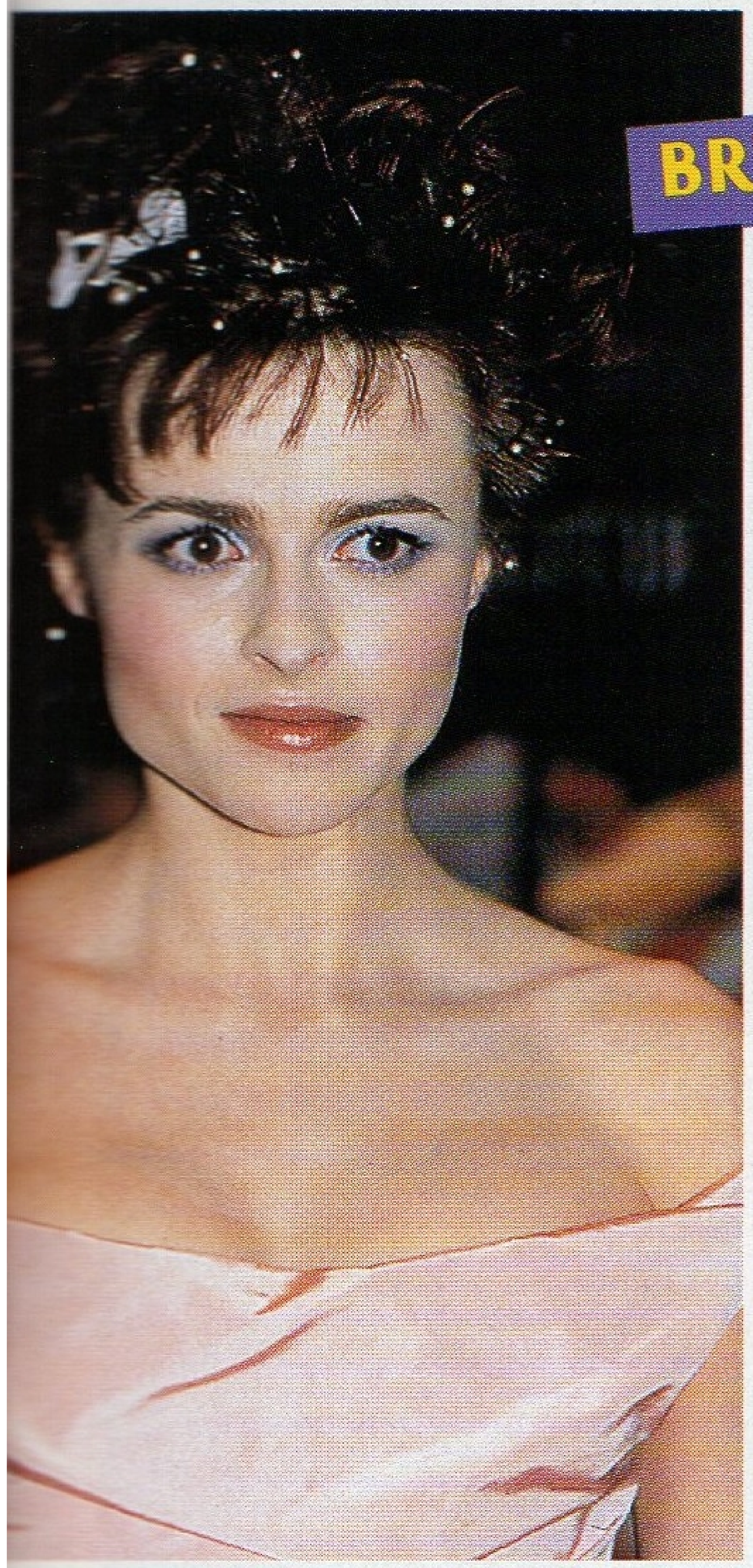
40,000 watts per channel of sound

27000 plastic cups

IMAGE BANK

2700 litres of orange juice

3800 croissants



BRITS ARE BEST

Brit babes came out tops in the Oscar nominations this year! Helena Bonham Carter, Judi Dench and Kate Winslett were all nominated in the Best Actress category. Dame Judi wowed the critics with her portrayal of Queen Victoria in *Mrs Brown*, Helena Bonham Carter got rave reviews for *The Wings of the Dove* and Kate Winslet helped break box office records for her role in the mega-block-busting *Titanic*.

DAILY SPICE

GIRL POWER IN THE NEWS

Saturday morning TV favourite Zoë Ball transferred to Radio 1FM's all-important Breakfast show. Co-hosting the show with Kevin Greening, Zoë goes head-to-head with ex-presenter Chris Evans' rival show. While Evans used to whinge that he couldn't do a morning radio show and his evening programme TFI Fridayat the same time, Ball is showing real Girl Power by continuing to present Live and Kicking! Saturday morning TV favourite Zoë Ball transferred to Radio 1FM's all-important Breakfast show. Co-hosting the show with Kevin Greening, Zoë goes head-to-head with ex-presenter Chris Evans' rival show.

DEEP BREATH

MEHGAN HEANEY-GRIER, 20, is not only a top model, she is also the new queen of free-dive. After taking 40 very deep breaths, she can dive to depths of 165ft without an oxygen tank! The current women's record stands at 204ft and she's determined to break it – despite the danger of blacking out through lack of oxygen. For Mehgan, free-diving "feels just like you're sinking in a big glass of water", and she loves it! Well, it takes all types...!

MUM'S THE WORD

Actress **LUCY DAVIS,** 24, daughter of comedian Jasper Carrott, was given the best present a mum could ever give – a life-saving kidney! Lucy had been waiting for a £15,000 kidney transplant for three years when her health suddenly deteriorated. So her mum stepped in to save her from a life of dialysis machines and constant hospital visits. Afterwards Lucy said: "What my mother did for me was the most beautiful thing." Mama, we love you!

ON THE BOX

LAUREN BOOTH, the vivacious 30-year-old half-sister of Cherie Blair, stood in for Lorraine Kelly on GMTV. In her time, she's done it all! She's been an anti-foxhunting activist, a fashion model, an actress, a journalist and she's got a wicked tattoo of a tiger on her shoulder blade! Lauren loves to party, too – but she must have slowed down for her early morning show! Once described as "the pushiest person I have met", we say GO GIRLFRIEND!

ALL ACTION

THE WRITE GIRL

Talk about Girl Power in the News! Rosie Boycott, 46, recently left the men behind when she became the first woman to edit a national daily broadsheet newspaper. Now, not only is she editor of *The Independent*, but she's also the boss at *The Independent on Sunday*! She says: "I try to get more topics of interest to women in the paper, issues to do with health, children and work. For instance, I put an anorexia story on to the front page because it interested me. I doubt if a man would do that." Well done! Keep up the good work, Rosie!

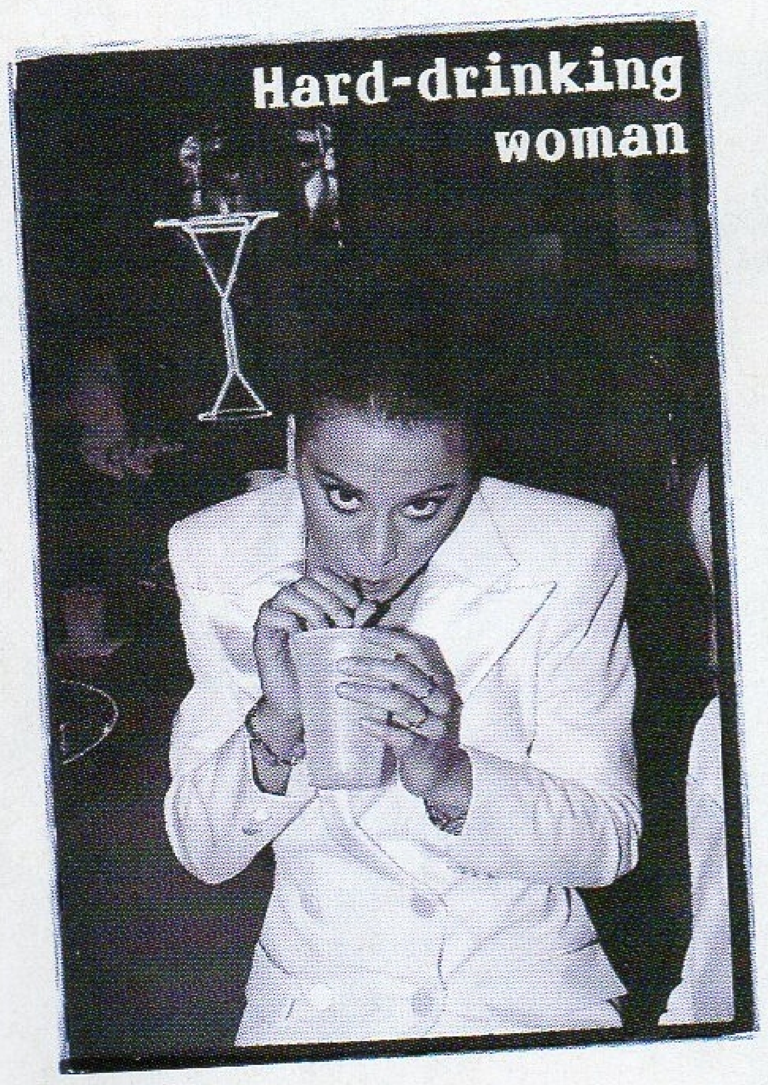
IT FIGURES!

Shapely actress Kate Winslet, got a really hard time in the press after the premiere of *Titanic* – for putting on weight! Big deal – can't those thick hacks get it into their heads that there are more important things to write about? Luckily Kate couldn't care less about what the papers say about her and her body.

Commenting on the criticisms, she said: "When you're very young, you see these splashy magazines with models looking absolutely stunning. Then you read stories of young girls wanting to starve themselves to death. It is incredibly warped thinking. I went through all of that. When I was 16, I weighed 13 stone. By the time I was 17, although I was a healthy 9st 7lbs, I carried on losing more and I didn't feel very well. But now, I feel this is me, like it or lump it." Too right, Kate!

Spiceworld GOES GLOBAL!!!

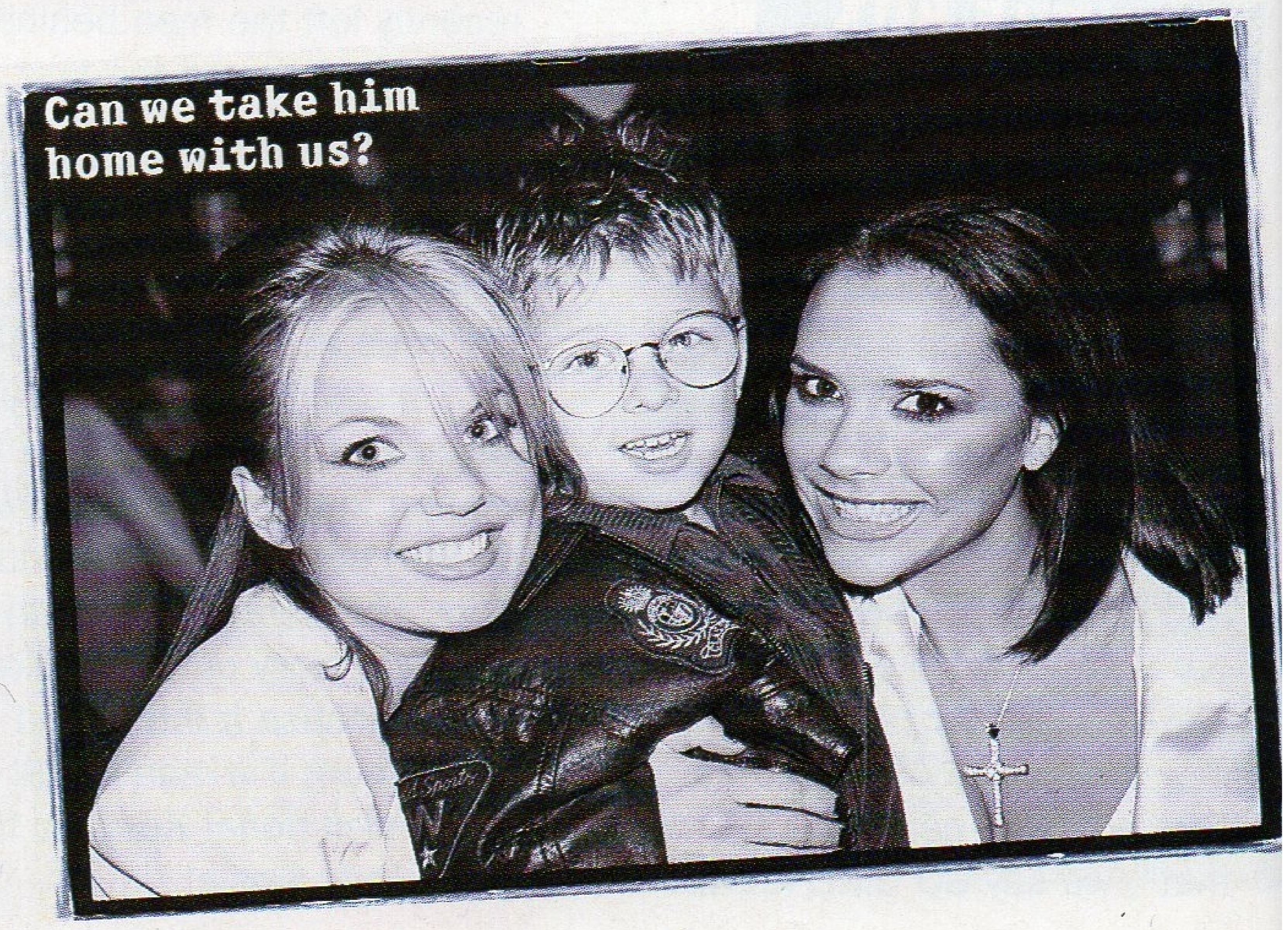
Watch out! Here come the Gangster Girls


Hard-drinking woman

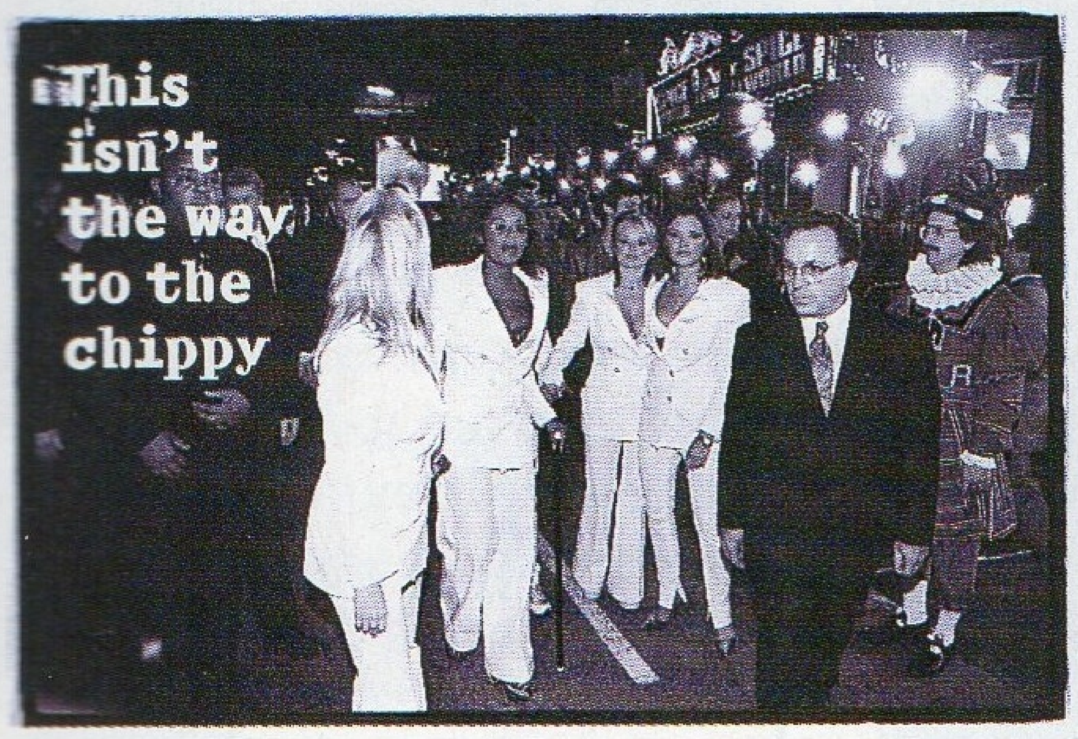
And so did we – with premieres of our film in London, Paris, Brussels, Amsterdam, Madrid, Los Angeles, Sydney and Melbourne!

MAD, OR WHAT?

The biggest turnout ever!


Can we take him home with us?

That's the cheesy grins and photos done with – when do we get to pig out on cake?

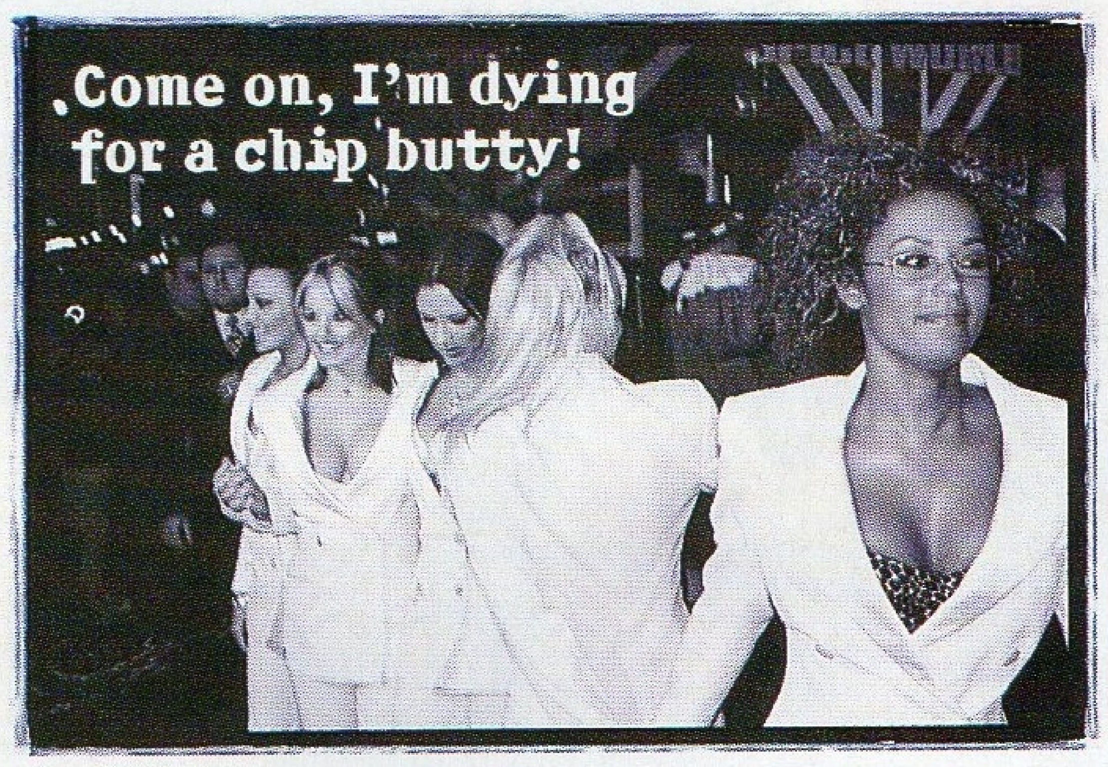


This isn't the way to the chippy

Yes it is!!!

No it isn't !!!

Cheek to cheeky!



Come on, I'm dying for a chip butty!

EMMA

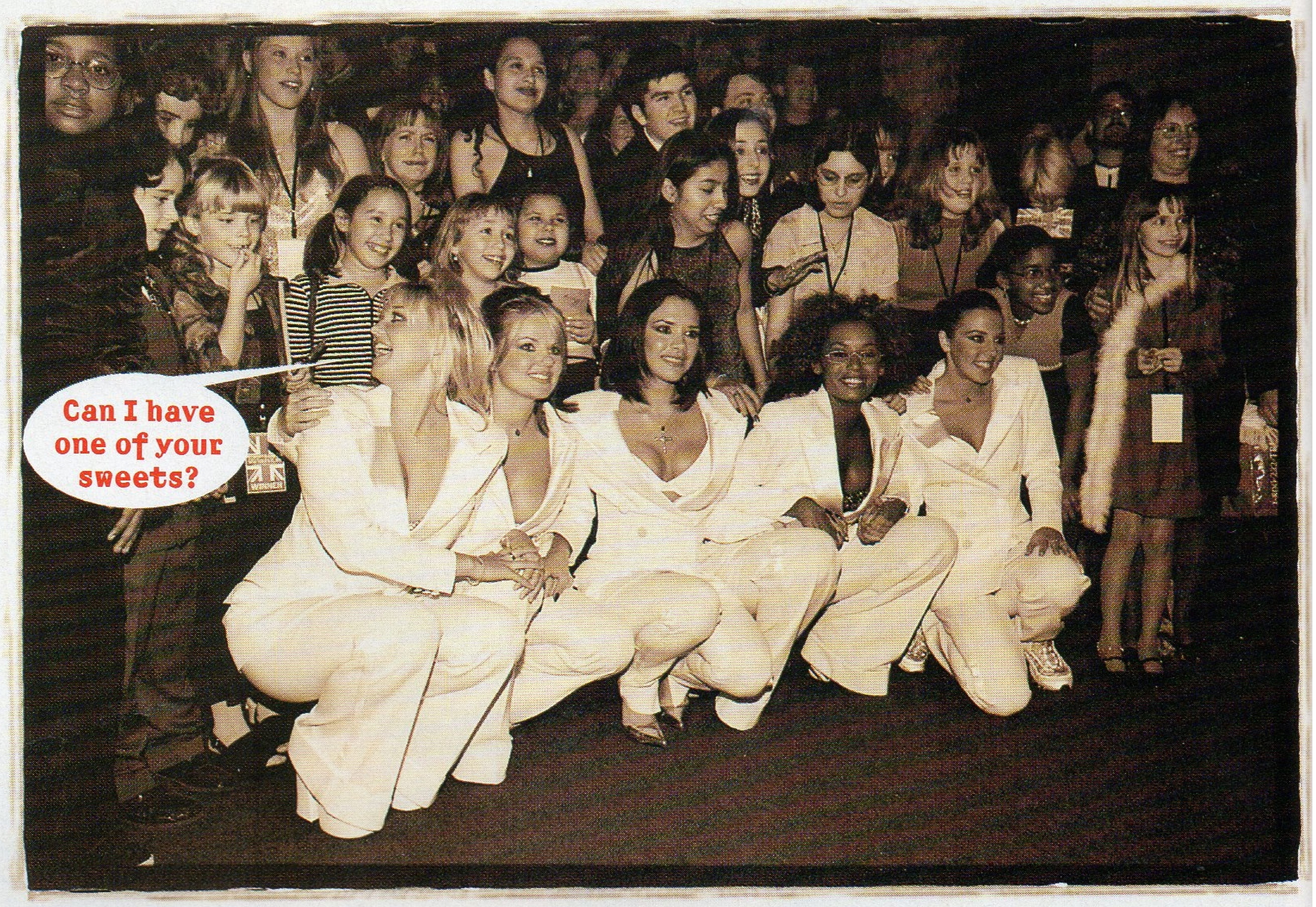
All the premieres were really good, but I'd probably have to say that London was my favourite, since it's my home town. LA was amazing as well and I was really proud because my mum was there. Walking down Hollywood Boulevard on that long red carpet was an incredible feeling. There were fans everywhere – it was really mad. When I was a child, America was such a dream place – the land of Disney World, Mickey Mouse and *Back to the Future*. It was somewhere I never thought I'd even go to. So to be there, in Hollywood, at the premiere of my own film, was a bit unreal.

Geri and I were saying the other day how sometimes you forget that you're famous when you get up in the morning. Sometimes when I'm talking to a mate I'll say: "Well, my mate Mel does this or that," and then suddenly I'll remember that they know exactly who she is without even meeting her! Well, the only time recently that I've really realised I'm famous was when I was on a double decker bus going to the premiere in LA, with crowds of people screaming and shouting. New York was pretty mad, too, when we went to Planet Hollywood to add a big pair of Buffaloes to the collection of film memorabilia there.

We always dress in our own styles, so we decided to wear the same for once. We wanted to go in suits, but not normal suits, so I suggested that the gangster look would be quite cool and tough.

Is this bus going to Leeds?

A double-decker sarnie will do!

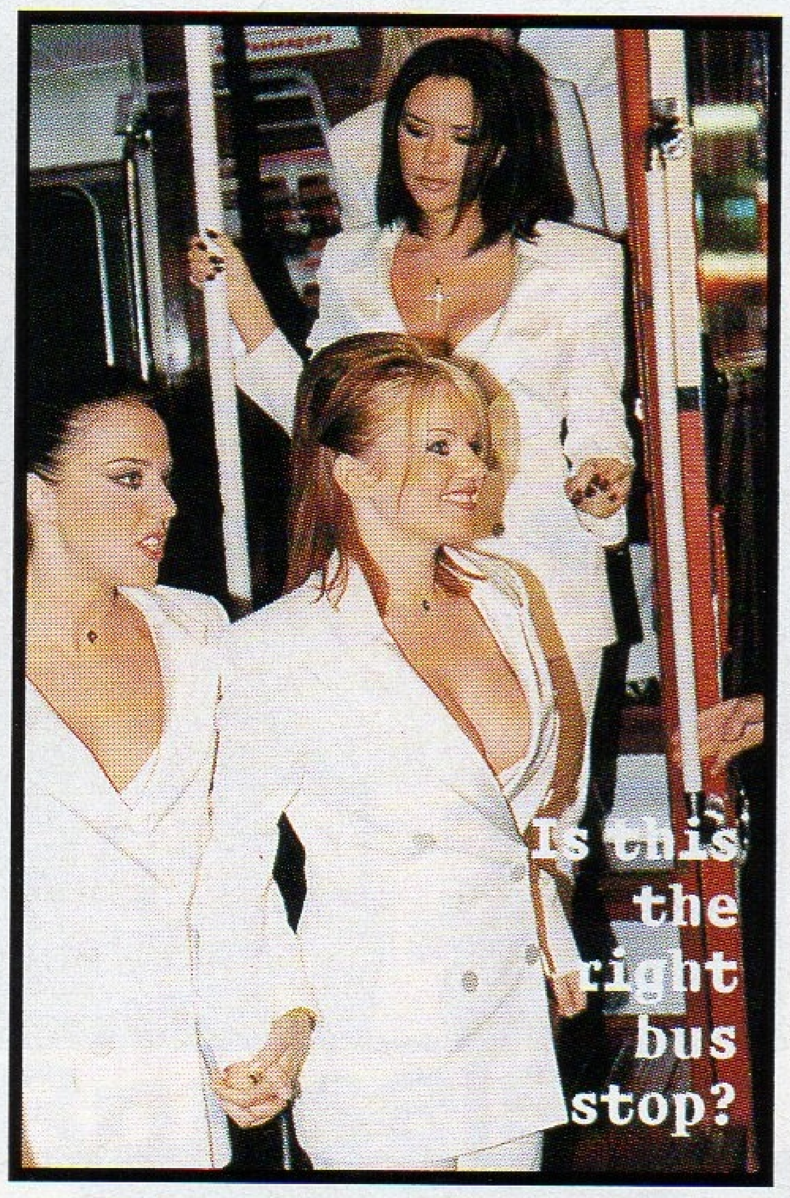


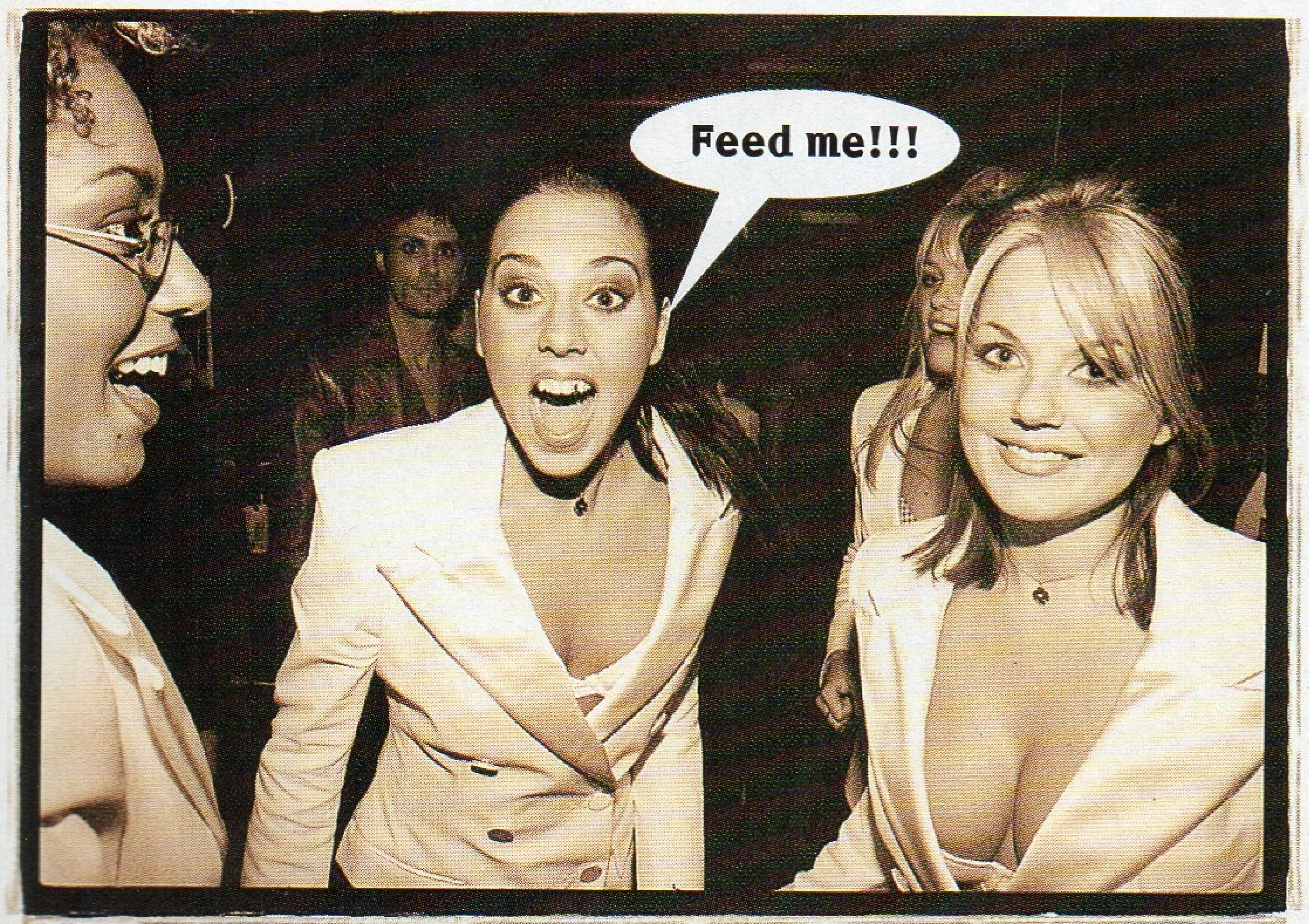
MEL C

The best premiere was the one in London. Home is always where the heart is for us! It was funny on the night because we all had to pinch each other and have a bit of a scream and say "I can't believe it!" I didn't really feel like a film star. I didn't even feel like a pop star. I just felt the same as I always do.

Although London was the best, Hollywood was probably the maddest. I've never seen so many camera crews in my life and apparently it was the biggest premiere they've ever had in LA. We met Andy Garcia, Kelly Lynch, Steven Spielberg's children and Jo Schumacher and his children. Bruce Willis was supposed to be there, and Danny de Vito and George Clooney, but we didn't see them!

Although we went to seven premieres, we only watched the film twice, in London and LA. The other times, we introduced the film, went out to dinner, then came back for the party afterwards. In Spain, it was dubbed, so we wouldn't have understood it, anyway!





GERI

A couple of years back, we went to the premiere of *Goldeneye*. I remember that when we walked in, no-one noticed us and then some girl shouted: "Is that the Brady Bunch?" Lindsey De Paul was in front of us and all the paparazzi were calling to her and ignoring us! The London premiere of *Spiceworld* was totally different, of course, with 7,000 people standing outside screaming at us when we walked in. It was a real buzz because it was our night. Not only did we see our faces on the big screen, but we sat next to royalty! Prince Charles sat between Emma and me and he leaned over and said: "I like your red costume."

Going to all the foreign premieres was quite hard work because we travelled so far. In Amsterdam, Emma, Mel C and I went to Brad Pitt's premiere and watched *Seven Years In Tibet*. At the end, we met him and he was quite sweet, although he didn't seem to know much about Tibet! He was quite cute, with sparkly eyes, though. While Emma and I were talking to the director, Mel C was left talking to Brad. I don't think she minded too much, though!

I wasn't very well on the day of the LA premiere, so I didn't feel very good. But it was pretty amazing to be in Hollywood – and they said they'd never had such a big turn out for a premiere before!

VICTORIA

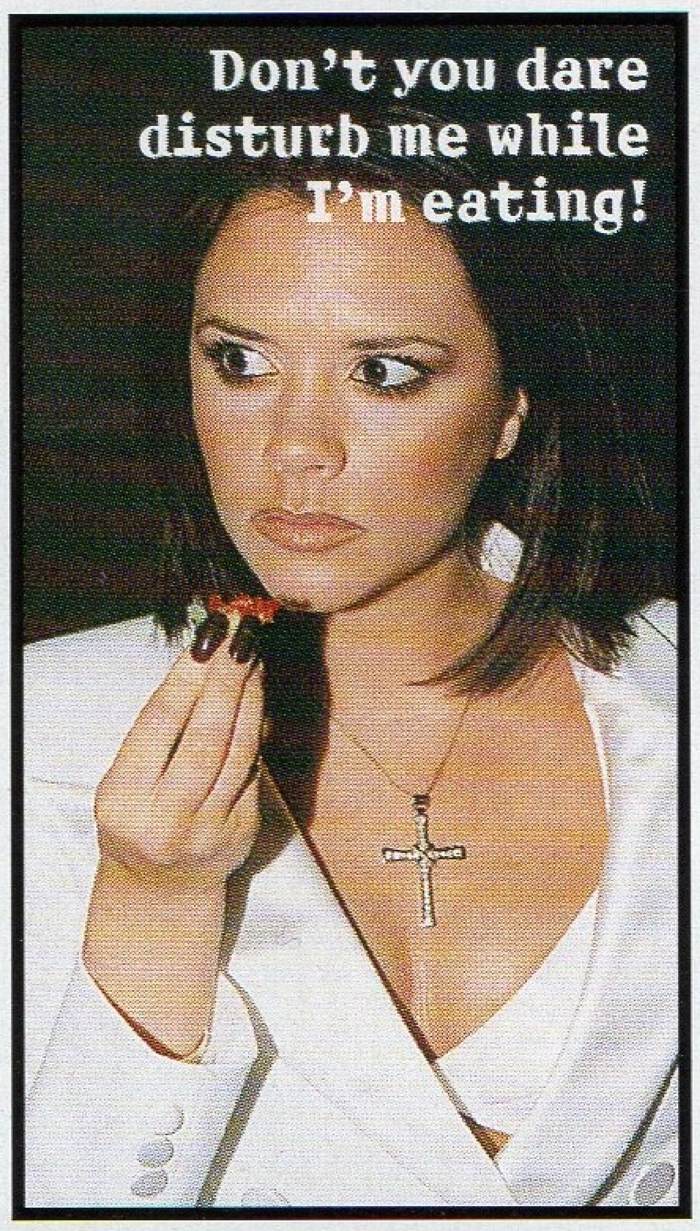
London was my favourite premiere, because our families were there and Britain's our home. America was good because of the huge turnout and Australia was fantastic as well, but it's not the same as being at home, is it?

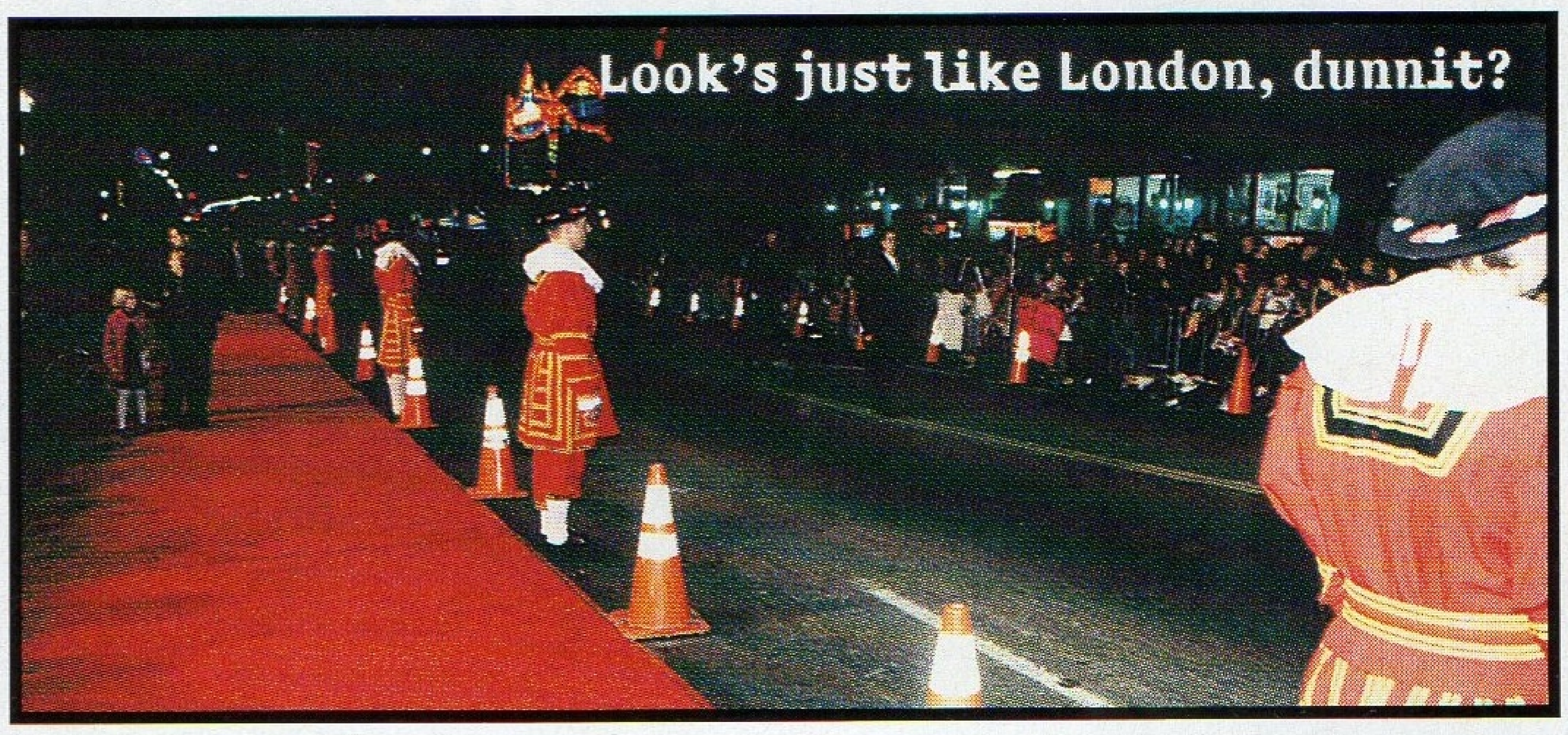
When we were in Amsterdam, one of the security men phoned up and said that Brad Pitt wanted us to go to his premiere. Well, David was coming over that night, so I stayed in and had dinner with him while all the other girls went out for a night on the town with Brad Pitt. That's how loyal I am!

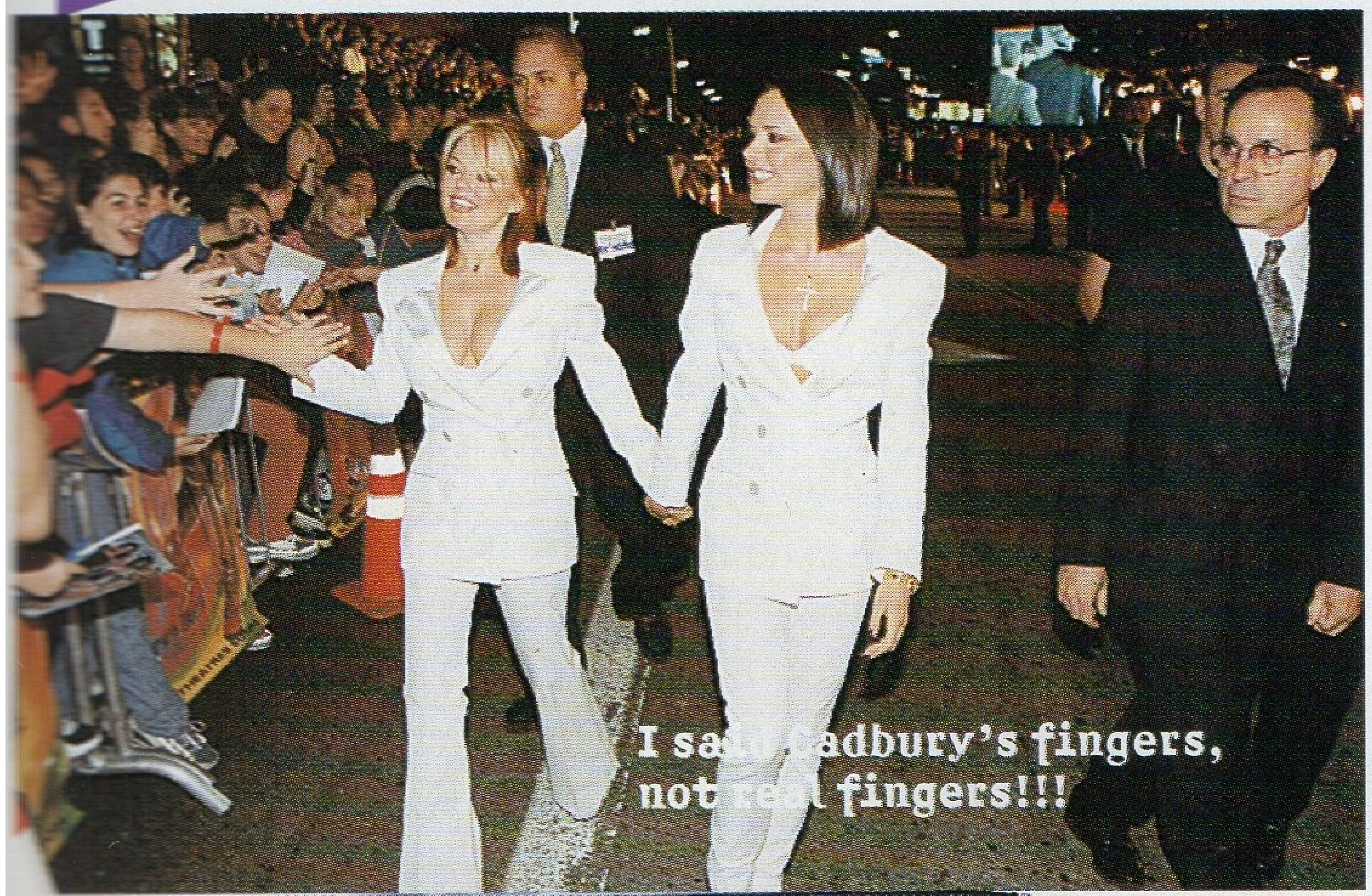
I thought *Spiceworld* was very funny and I was very impressed with the other actors, especially Richard E Grant and Alan Cumming. One scene I really didn't like was the army scene, because I hated the dress I wore in it. When I complained to the others, Geri said: "No-one will even notice your dress because it's a very short scene." So I thought, oh well, I'll let it pass. But when I ask people what their favourite bit is, every one of them says that scene really stands out. Thanks Geri! And everyone seems to think it's really hilarious when I say, "This dress is Dry Clean Only, Melanie," but I was being serious at the time! A lot of the one-liners we say on screen weren't actually in the script, but we added them in when we got on set. At the time you just think, that's funny, and you put it in.

I'm a great believer in taking the mickey out of myself and that's what the film's all about. I'm not surprised that it was so successful because if you really send yourself up, people can't slate you for it. We're not saying that we're going up for Oscars – we're just having a laugh at ourselves. And it was the most successful British comedy after the first weekend it was released.

Who turned the lights out?


Don't you dare disturb me while I'm eating!


Look's just like London, dunnit?


I said Cadbury's fingers, not real fingers!!!

Yes, we find Persil gets the best results

MEL B

I had only been to one film premiere before, and there I was at my own! Australia was a great one, because I love it there. The Los Angeles premiere was good, too. It's amazing to be so far away from home, in a country you've only visited a few times, and you're at your own movie premiere! Normally it's the big Hollywood films you hear about, like *Titanic* or James Bond or *Men In Black*. So it was quite a mad feeling to get such a big reception and think how we've done it, coming from nowhere. I find what makes it extra exciting is having my family there, because they can see the buzz I'm getting.

Back to normal!!

WHAT'S ALL THIS ABOUT WEIGHT?

You've got to be happy with the shape you are – too much worrying is bad for your health

GERI I openly admit that I've had eating disorders in the past. They started when I was working as a club dancer. I was about 17 or 18 and I'd never thought about my figure before or questioned the shape I was, but then a couple of the other dancers started commenting that I was a bit plump. It made me very conscious of my weight and I went on a diet. That was the biggest mistake I ever made in my life. Diets are a trap. They are the start of a vicious circle that doesn't get you anywhere.

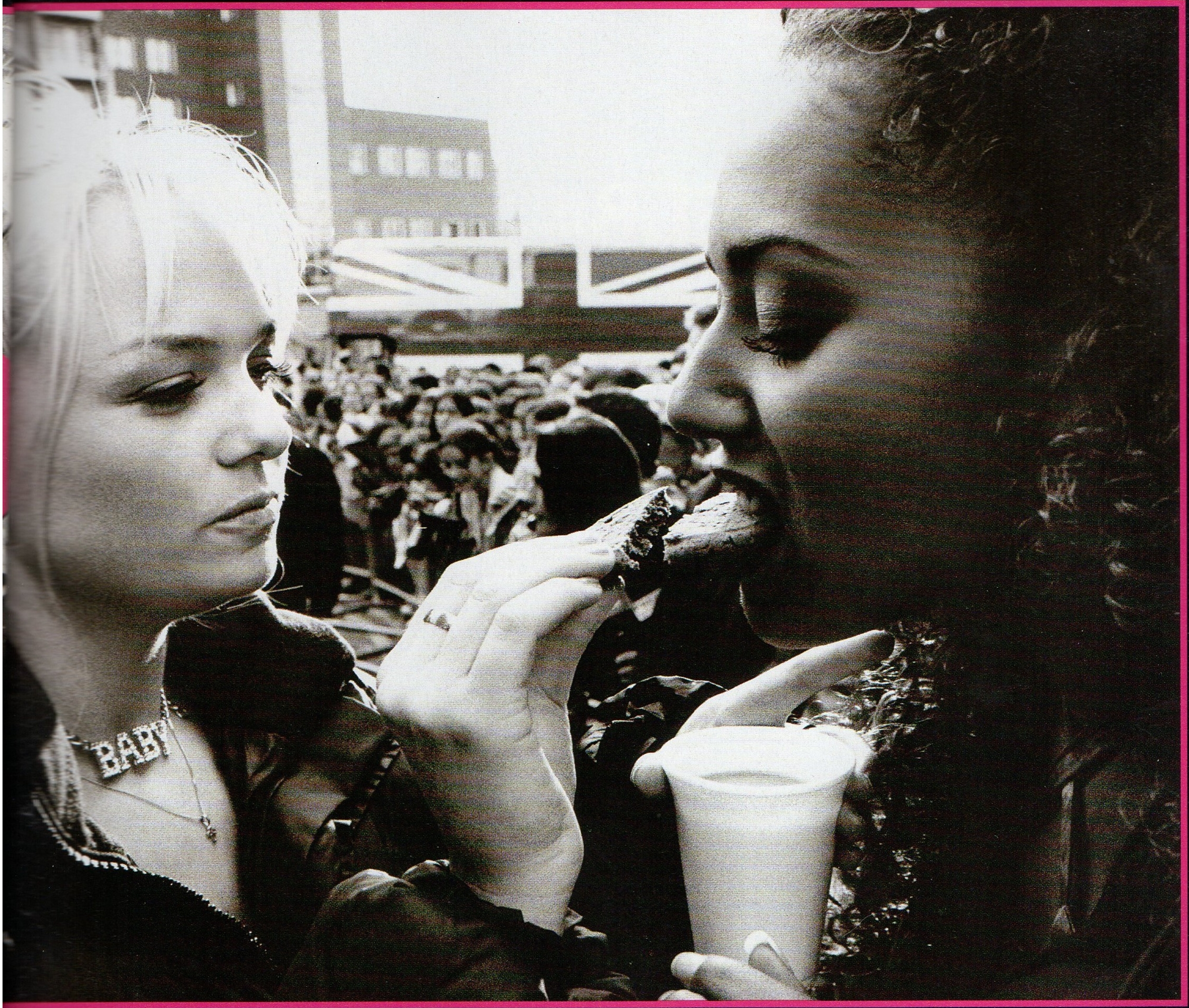
I wouldn't only blame my eating problems on the pressure from society to be skinny. They're very hard to understand, but problems with food can often be symptoms of your lack of self-esteem, lack of love or the desire to fill a need. Compulsive eating often begins when you feel empty inside and you don't want to deal with emotion. Bulimia can be a result of feeling unable to express your hate, love or anger. I wouldn't like to generalise, but I think all eating disorders, including anorexia, have a lot to do with control. If you feel that your own life is out of control, then you may think that food is the one thing you can control.

If you feel that your eating patterns are becoming compulsive, you should try and step out of yourself and take a look at why it's happening. The problem is often much deeper-rooted than you think. The best thing you can do is tell someone. That, in itself, is a release, if you find the right person to tell. Find someone who is very sensitive and open-minded about life, because if you just tell someone who has no idea about these things, you'll come up against a brick wall.

A lot of people don't understand it at all. They think that it's easy just to eat your three meals a day, but it's not that easy. You can go round and round in circles. I remember that when I was having problems in my teens, I went to a doctor who just tried to put me on a diet sheet and didn't bother to explore any further. He didn't realise that it went a lot deeper than what I was or wasn't eating. It's only once you start to understand why your eating habits have gone wrong that you can start to deal with them.

It can be hard if one of your friends has an eating disorder, because they're always so defensive about it. It's difficult for them to admit it because it's very personal, it's something they control and sometimes they don't even know they've even got it. The only thing you can do is try and boost their self-esteem and make them feel comfortable with themselves. Try and show them the enjoyment of food. But be sensitive to

Going on a diet was the biggest mistake I ever made in my life. Diets are a trap!



the fact that for them, food is a trauma and there's no escaping it, because you need it to survive. It's not like you can give it up or anything. You have to face it every day of your life.

Remember, even the most level-headed, comfortable girl in the world worries about whether her bum's too big. But when you become obsessive about it, you've got problems. I think there are a lot of eating disorders among boys and we mustn't forget them either. There's a lot of pressure for men to have six-pack torsos, but life is simply not like that.

If you're worried about how good you look, I can honestly say that you're just as sexy with a bit of meat on you, as long as you're not hung up about it. In the end, people respond to what's inside you.

Quick-fix diets basically don't work. You always end up the same weight in the end, anyway! A long term healthy eating plan is a much better idea.

MEL C

The Spice Girls find it very worrying the way the media deals with this subject. There have been a few articles in the papers which have said that one of us is chubby, which is ridiculous, because none of us is the least bit fat. If a slightly chubby girl reads that, she's going to think she's obese in comparison with us. And sometimes the paper will run an article saying that one of us is chubby and then two pages later there's a piece on teenage eating disorders. That's disgusting. It's so hypocritical.

I think it's important to be aware of healthy eating and exercise, but you shouldn't go mad. At one point, I got a bit compulsive about eating properly and going to the gym all the time, but I've got over it. Now I believe in everything in moderation. In the end, it's what's inside that matters, and everything you

I think it's important to be aware of healthy eating and exercise, but you shouldn't go mad

do has got to be for yourself. Don't think, I wanna be slim so the lads like me, because it's not true. We've said it so many times, but most lads like something to get hold of!

There are lots of problems associated with losing too much weight, like osteoporosis and infertility. What's the point of thinking, I wanna be really skinny now, when you could be crippled when you get older because you did so much damage trying to stay slim?

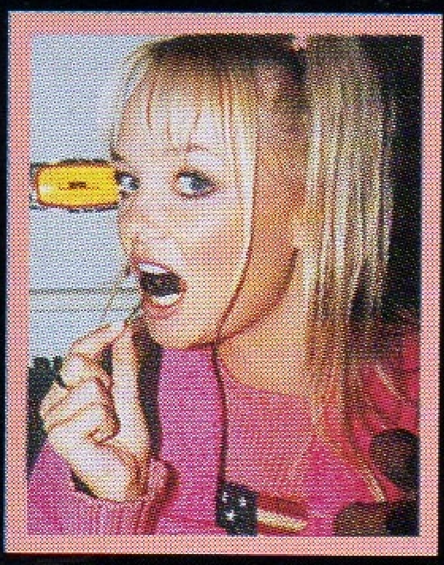
Girl power

EMMA

I've never really worried about my figure. I'm happy with the way I am. Obviously, I got upset the first time the papers wrote an article saying I was big. But afterwards, when I thought about it, I realised that if people like me for the way I am, I shouldn't worry about what the press are saying. I've got more important things to think about. It's quite scary to think they're writing these things about someone who's just a normal size, though. And what's it all about anyway? Men like women with curvy bodies – everyone knows that!

Personally, I think it's a waste of energy to spend your whole time worrying about what you're eating and what you look like.

Sometimes I go overboard with the donuts, but that's okay, as long as I don't do it every day!



VICTORIA

Accept the way you are and be happy. Everybody's a different shape and we should just accept that. Of course, when you look at yourself in the mirror, the first things you see are the bits you don't like. You have to learn to live with that and try to make the best of it. You can wear flattering clothes that emphasise your better features – and then you're dealing with the positive, rather than the negative. Just get out the bits you like and put away the bits you don't like!

When I was younger, I tried going on diets, but now I'm much more concerned about eating healthily and my weight comes second to that.

I'd much rather be healthy than thin!

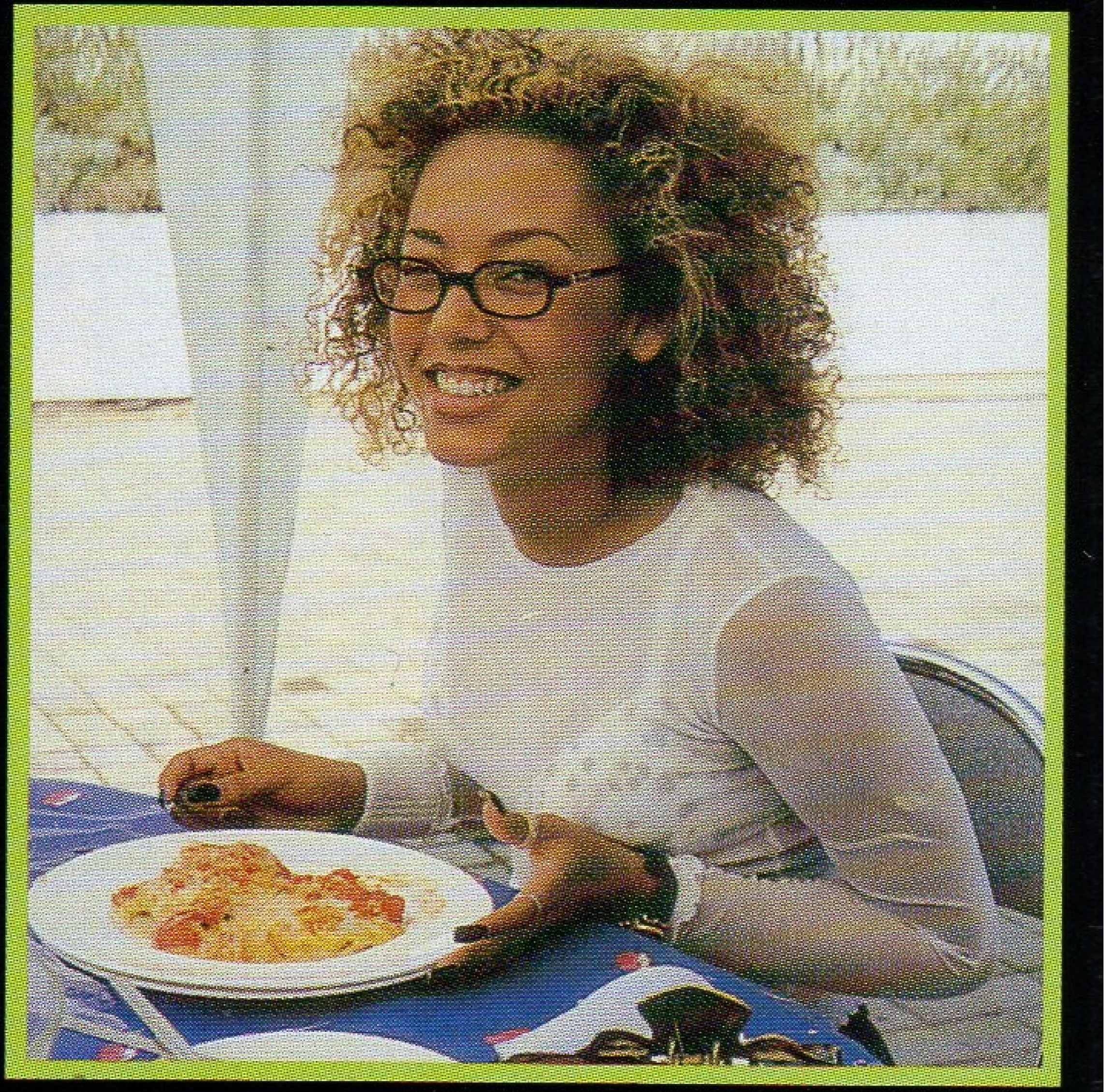
MEL B

Life is all about balance and you've got to be good to your body, listen to your body and feed it! After all, what is 'fat', anyway? We're all different shapes and sizes and that's how we're meant to be. Some people are just bigger or smaller than other people. There's not one set body-type for a perfectly good-looking woman. And now you've got models who are bigger and athletes who are bigger, people are realising that being thin really isn't everything.

Eating problems are being talked about more and you can see how they destroy people's lives. There's got to be a better way of thinking than getting so hung up on food. If food wasn't around you wouldn't be able to function – it's there to be eaten and enjoyed! But it's hard not to get hung up on it because there's so much importance placed on being slim, especially when you're growing up. You've got to remember that there are girls out there who are bigger and happy being that way. You really have to like yourself – if you've got big breasts, then make the most of them. You may as well love every part of your body because you can't change it, unless you're mad enough to have plastic surgery.

Don't sacrifice yourself by just eating a pea or bit of lettuce – you've got to enjoy life, because before you know it, it's gone. There are far better things in life to think about than weight. And if you don't eat enough, you can't think properly.

I don't really eat that healthily – I eat what I like. I listen to my body and if I want chocolate, I have it. Luckily, I don't usually want it every day, except when it's my period, when I eat it every day for a week! If you get occasional cravings for food, then it probably means your body really wants something, but if you get cravings every day for weeks on end, then there must be something wrong and you're eating for comfort or because you don't feel good. If that's the case, ask yourself why.



If you really feel that your weight is a problem, don't mope and moan or starve yourself for a quick-fix solution. Go down to the gym and make it an event in your life. Make yourself feel good and pamper yourself!

SPICE UP YOUR LIFE WITH THESE!

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Filming was quite a strain on the thighs because I had to stand on a surfboard for hours. MEL B

Watch this space!

Read on for the lowdown on our latest videos

So just how do the Spice Girls go about making a video?

Mel B: When we're planning a video, we sit down and talk about it first.

Geri: We run our own ship, so we decide where we want to shoot it.

Mel B: Luckily we all tend to agree on what we want. The music guides us and we usually just extend what it was we wanted to portray when we wrote the lyrics.

Spice Up Your Life

Mel C: I enjoyed shooting 'Spice Up Your Life' because it was filmed in New York, which is one of my favourite places. We had mad outfits – we were all in black combat-style gear. I got into trouble because I forgot to wear my goggles for half of the shoot! I ruined the continuity, but we didn't have time to reshoot, so if you watch the video closely, you'll see that sometimes I've got them on and sometimes they're nowhere to be seen. It was quite a physical video and I especially enjoyed knocking the man out in the boxing ring. We had to film a few takes, so I got to punch him over and over again! I was a bit disappointed with the outcome, though. We knew it was going to be very dark, but it wasn't quite what we imagined.

Mel B: 'Spice Up Your Life' was a good video, but it's not one of my favourites. It captures a moment in time, but if we made it again, I'd like it to show a real street carnival. That's more what the song's about – it gets you going and it's got that salsa vibe. Filming it was quite a strain on the thighs because I had to stand on a surfboard for hours. But I liked having a big nail and being DJ.

Geri: 'Spice Up Your Life' had a gloomy look to it as an ironic contrast to the song, which is very upbeat. It's supposed to be set in the future and we're monitoring people's positivity, but I don't think it really worked. It cost a fortune, too, which proves that the best videos aren't always the most expensive ones. And I got lactic acid filming it because I had to bend my knees and stand on a surf board for so long that my legs started to shake. It was agony!

Emma: 'Spice Up Your Life' was good fun because I got to wear black for once! I think it's a good video because it's very different from anything else we've ever done. It's dark and moody, which people don't expect from us, and it's always good to have a change. It was so hard on my legs – they were shaking! And trust me, clumsy Em, I fell off because I had such high shoes on! At another point I had to sit among loads of balloons, which was fun because I felt like a little dolly. The director was quite strict on us all, which was funny. We just told him to shut up most of the time!

Victoria: I really like the video for 'Spice Up Your Life'. I like the contrast between what it looks like and how the song sounds. It was quite awkward filming it because we had to balance on a big surf-board on a very tall box while the camera went over our heads and underneath us. As usual, I had very impractical shoes on and I nearly flew off the edge loads of times. I had really achey legs the next day!

I especially enjoyed knocking the man out in the boxing ring. We had to film a few takes, so I got to punch him over and over again! MEL C

Spice Up Your Life was good fun because I got to wear black for once! EMMA

Too Much

Mel C: We shot 'Too Much' the day after 'An Audience With...' and I was first on, so I had to get up at 6am after about three hours' sleep! As soon as you go on set, you know whether it's going to be a good video or not, and I got such a good feeling about 'Too Much' that I knew it would be brilliant. I think it's the best Spice Girls video – we all look absolutely gorgeous, we had great costumes and sets, and with the movie inserts added in, it's a good fun video.

Mel B: It was a bit of a nightmare – I was on standby from 6pm, but didn't start filming until 2am. I finished at 6am and then I was flying off somewhere the next day. I had barbed wire in my hair and I was wearing a bikini, so I was freezing – I was the only one who had to do an outdoor shot. And I was filming with a bunch of hard nuts from Biker City – I've never seen so many piercings and tattoos. It was a bizarre experience, really, 'cos they were all pretty weird.

Mel C: It was funny because all the blokes around me were real karate experts and there I was in the middle, beating them all up, although I've only had two karate lessons in my life.

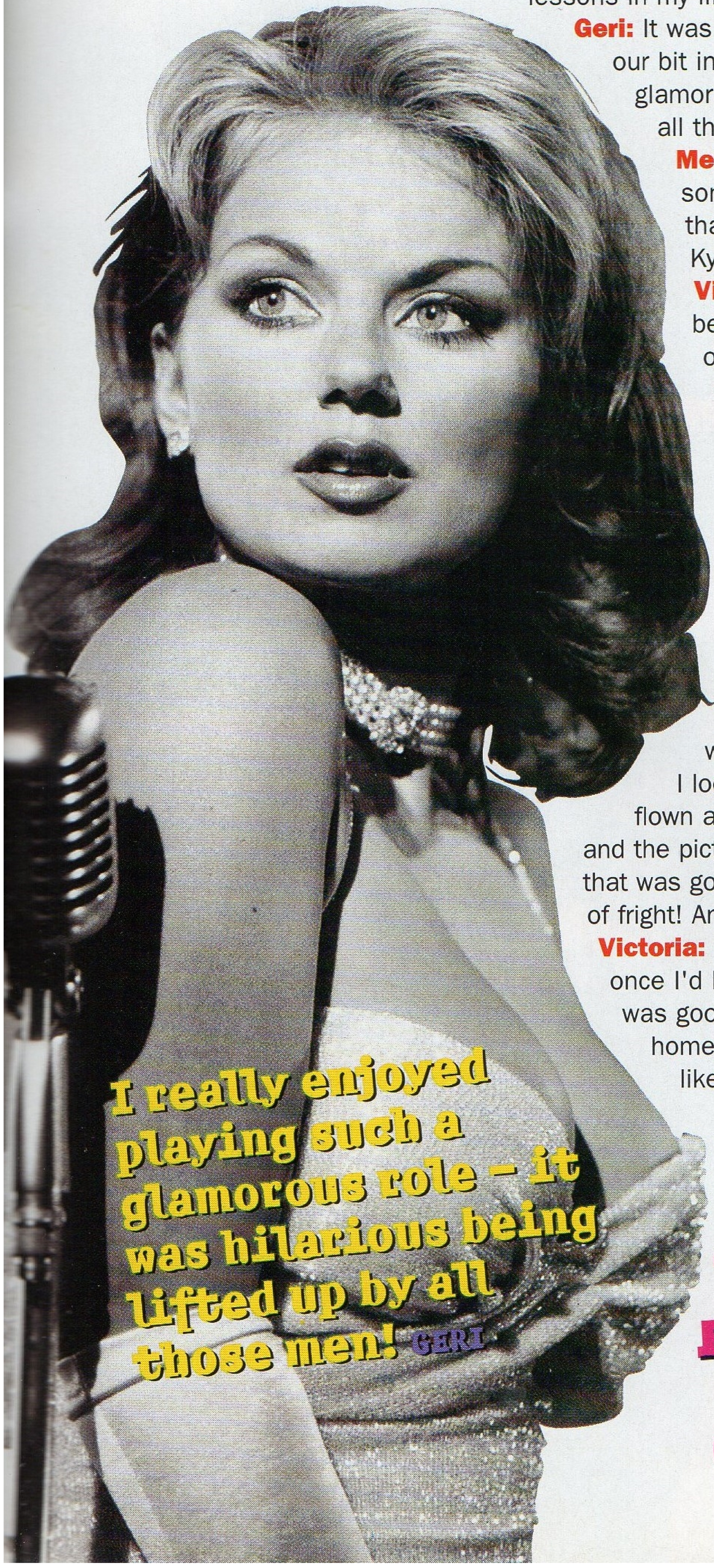
Geri: It was really good fun because we all had to do our bit individually. I really enjoyed playing such a glamorous role – it was hilarious being lifted up by all those men!

Mel C: I enjoyed it because we had to do some close-up singing into the camera, and that's when you feel like a real pop star – like Kylie Minogue or someone!

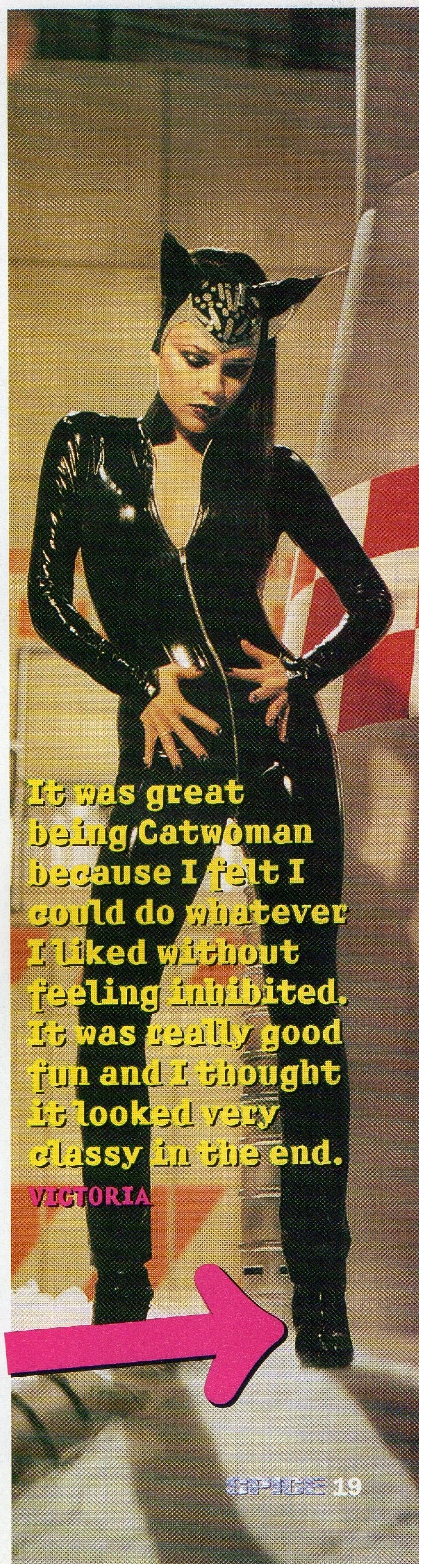
Victoria: It was great being Catwoman because I felt I could do whatever I liked without feeling inhibited. It was really good fun and I thought it looked very classy in the end. We all had fantastic sets and everything was really individual to each of us.

Emma: I was playing a little girl who's actually a bit weird underneath her sweet looks. It was great, because for one shot, the crew told me not to look behind me, but just concentrate on singing into the camera while I balanced on a moving bed with wind blowing through my hair. We did one take and it was really fun because the wind was really blowing against me, but then I looked behind me and everything on set had flown across the room. The drawers had fallen out and the pictures were all over the place! I had no idea that was going to happen and if I had, I would have died of fright! Anything could have hit me!

Victoria: My bit only took about two-and-a-half hours, once I'd had my make-up done and costume fitted. It was good because we went in, did our bit and went home. I like videos that are precisely scheduled like that, because there's usually so much hanging about. I think Mel B had the roughest deal because she was out on the streets in her bikini at four o'clock in the morning.

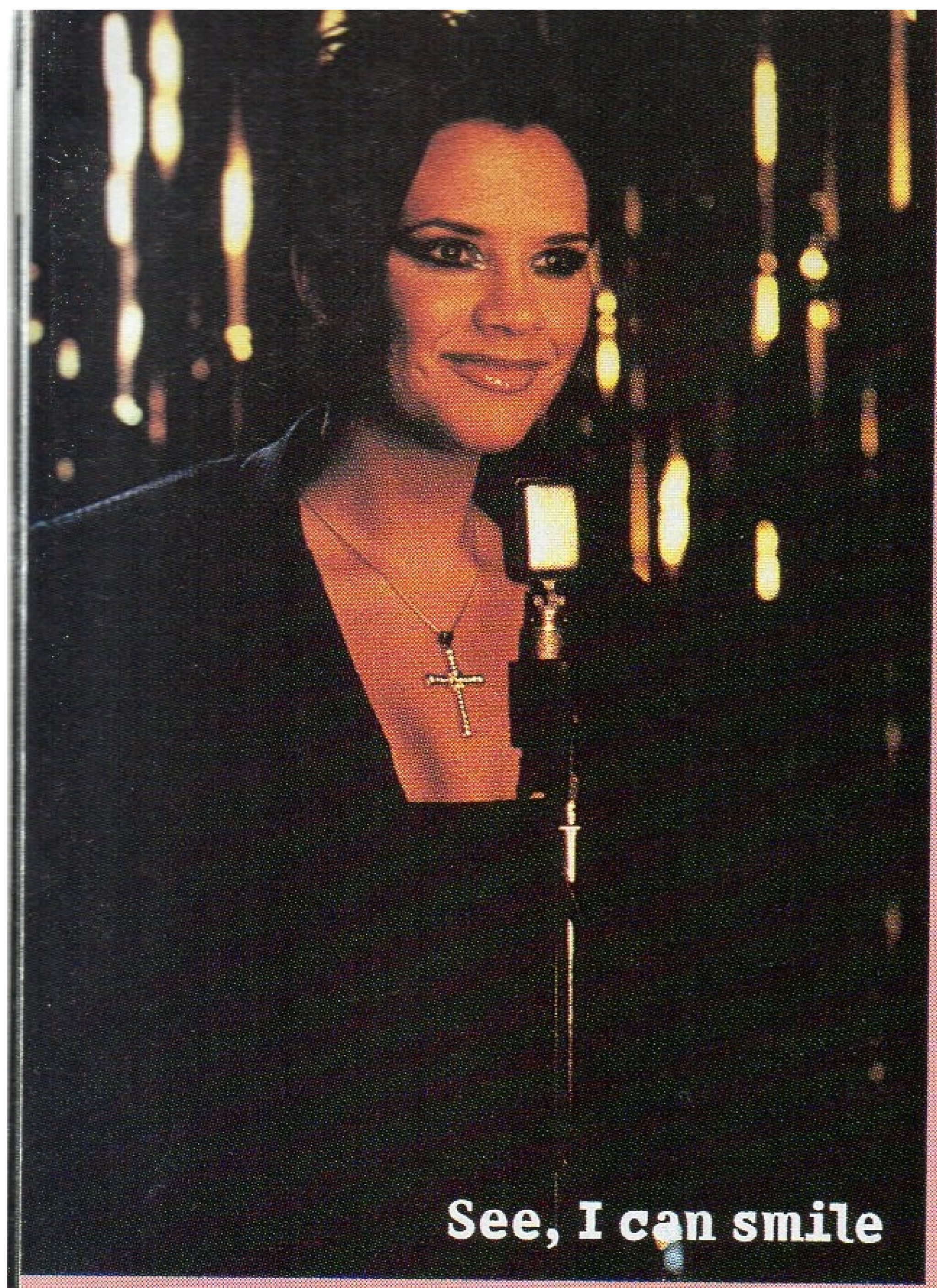


I really enjoyed playing such a glamorous role – it was hilarious being lifted up by all those men! GERI



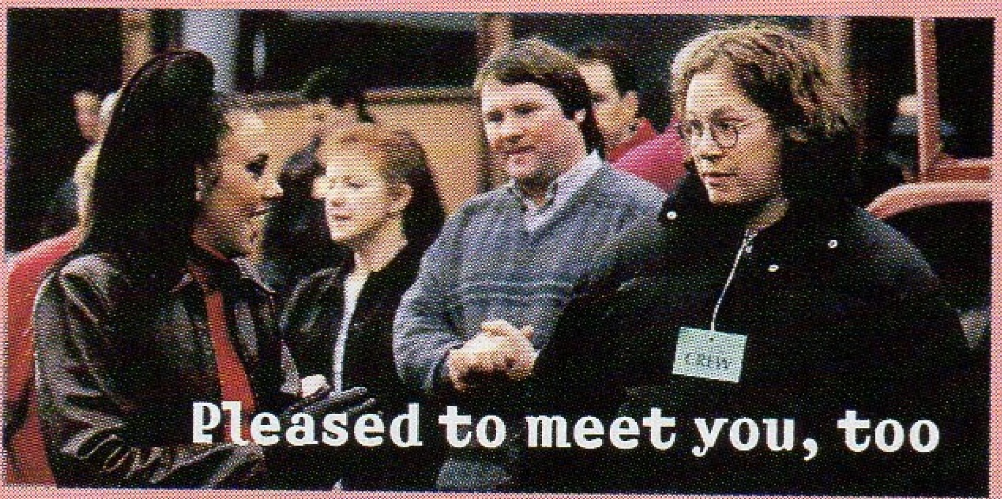
It was great being Catwoman because I felt I could do whatever I liked without feeling inhibited. It was really good fun and I thought it looked very classy in the end. VICTORIA

TURN THE PAGE FOR EXCLUSIVE BEHIND-THE-SCENES SHOTS OF THE STOP! VIDEO

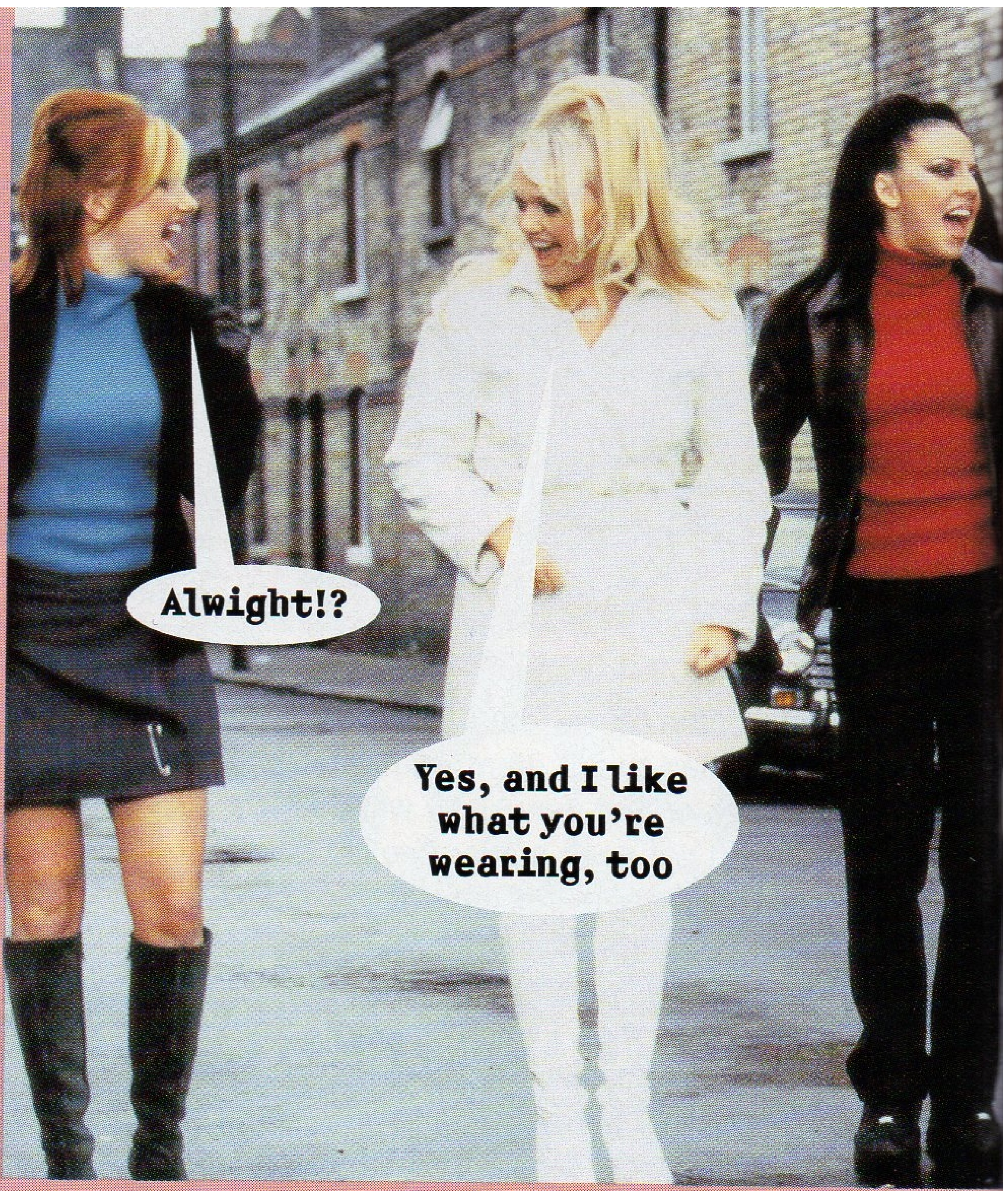


See, I can smile

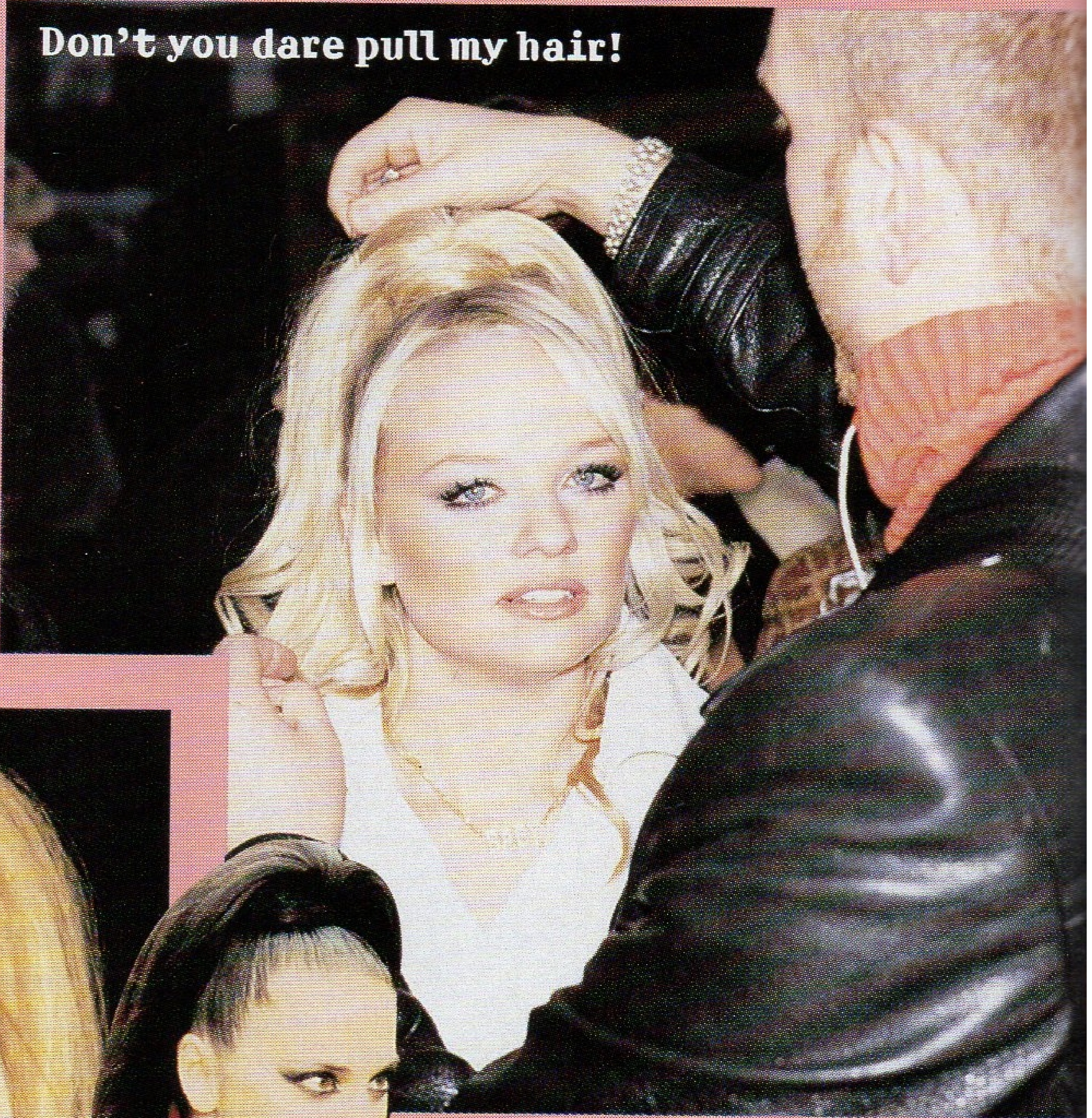
Waltzing Mel-tilda



Pleased to meet you, too

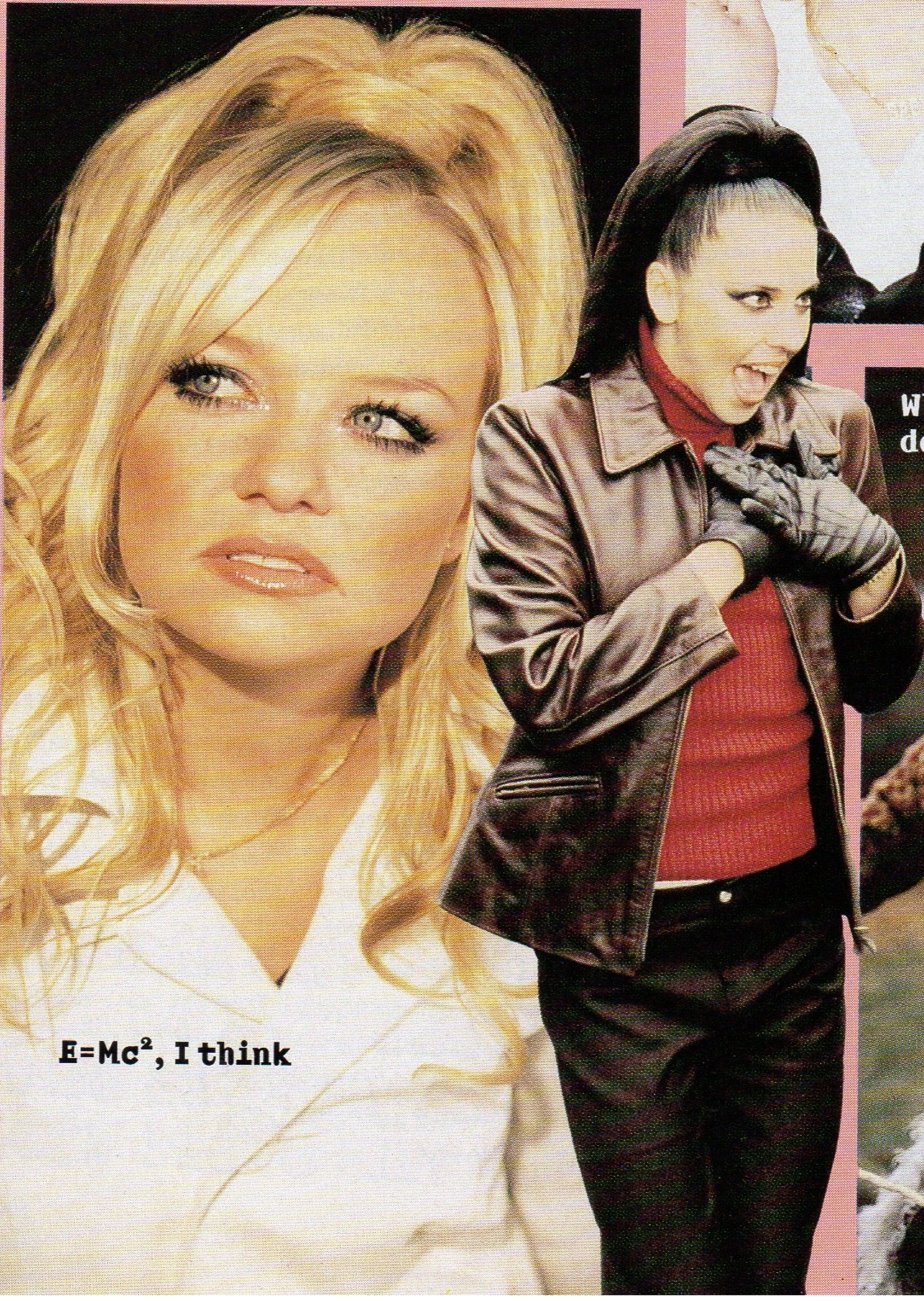


It's a boy!!!



Don't you dare pull my hair!

Do you dare me to swallow the mic?



$E=Mc^2$, I think

Who wants a hot potato down their trousers then?

Stop!

Mel B: Generally, we don't go for the obvious director who's done loads of glitzy things before and this time we've used a director who's not that experienced, but his work is very arty and beautiful.

Geri: Ireland's such a homely, enchanting kind of place. We wanted somewhere that would capture the spirit of 'Stop!' and what the Spice Girls are all about – fun and friendship. We've done so many polished videos that we've spent a fortune on and this time we wanted to do something different, something that would project us how we are – a little bit rough around the edges and very human!

Mel B: And we all want to get our bit in, so the director has to be able to encompass us all, plus put his ideas on the top of it, and make it all flow. So it's quite impossible, really! 'Stop!' is quite fun and alive, even though the words are quite harsh, so we wanted to do a fun video. I think it was Geri's or Emma's idea to film it on a cobbled road to give it a Sixties feel.

Geri: We wanted to project the idea of a girl gang who live in the same street, so we put a lot of ideas in, like knocking on the doors and calling for each other at our individual houses.

Emma: We wanted to show that we're best buddies and I think it really captures that vibe.

Mel B: Yeah, but it was a bit of a nightmare because the street wasn't closed and the public were walking in and out the whole time. Still, it was funny to think that someone in an Adidas tracksuit literally walked down the street and into our video.

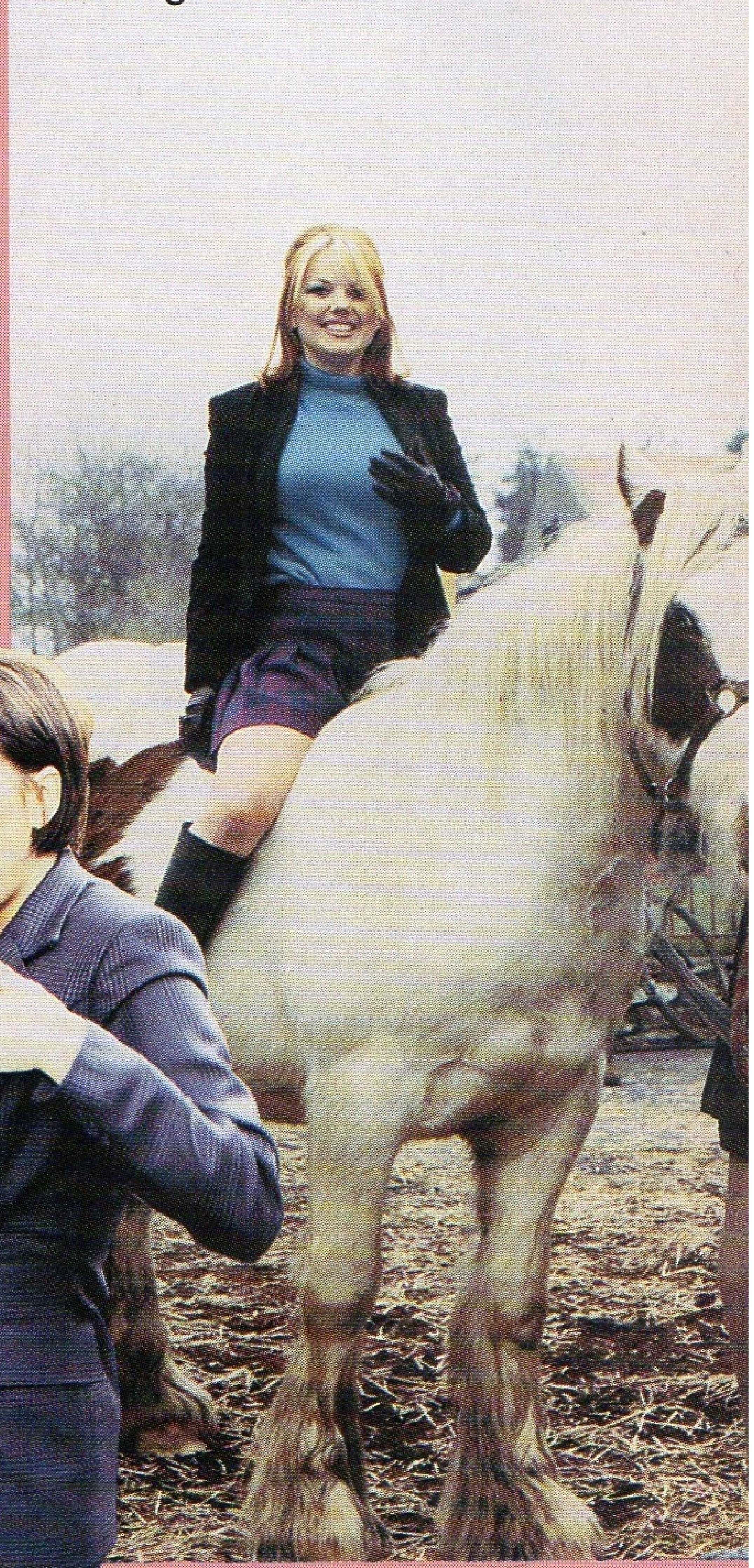
Geri: It was fantastic that the street we filmed in was exactly how we imagined. When you see your imagination come to life, you think "Wow!"

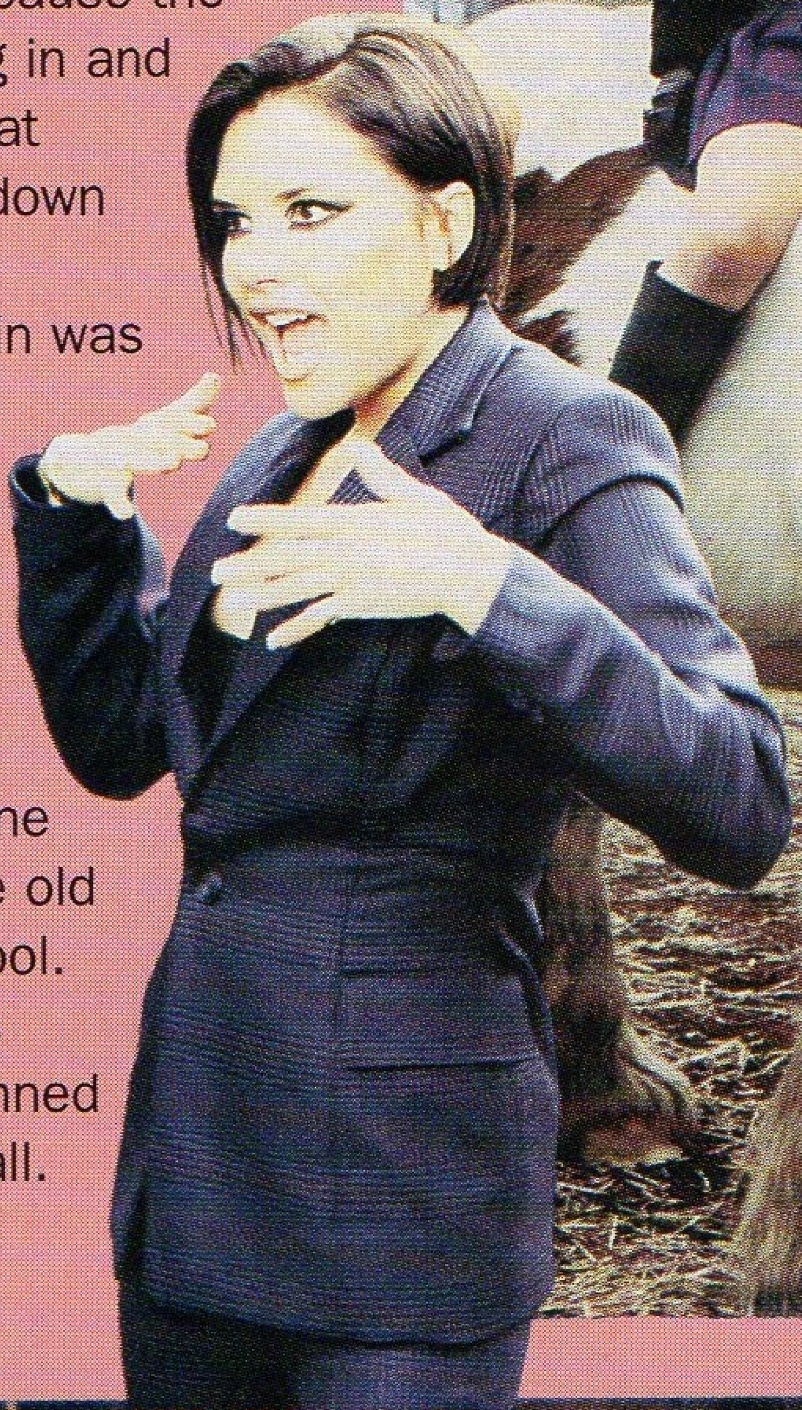
Emma: Today we did a straight take of us all dancing, but then we said to the director that we wanted to muck around and jump up and down and grab each other in that shot instead. So we did, and it was really funny! The best scene is the one in a working men's club with all these old people getting up and dancing, which is really cool.

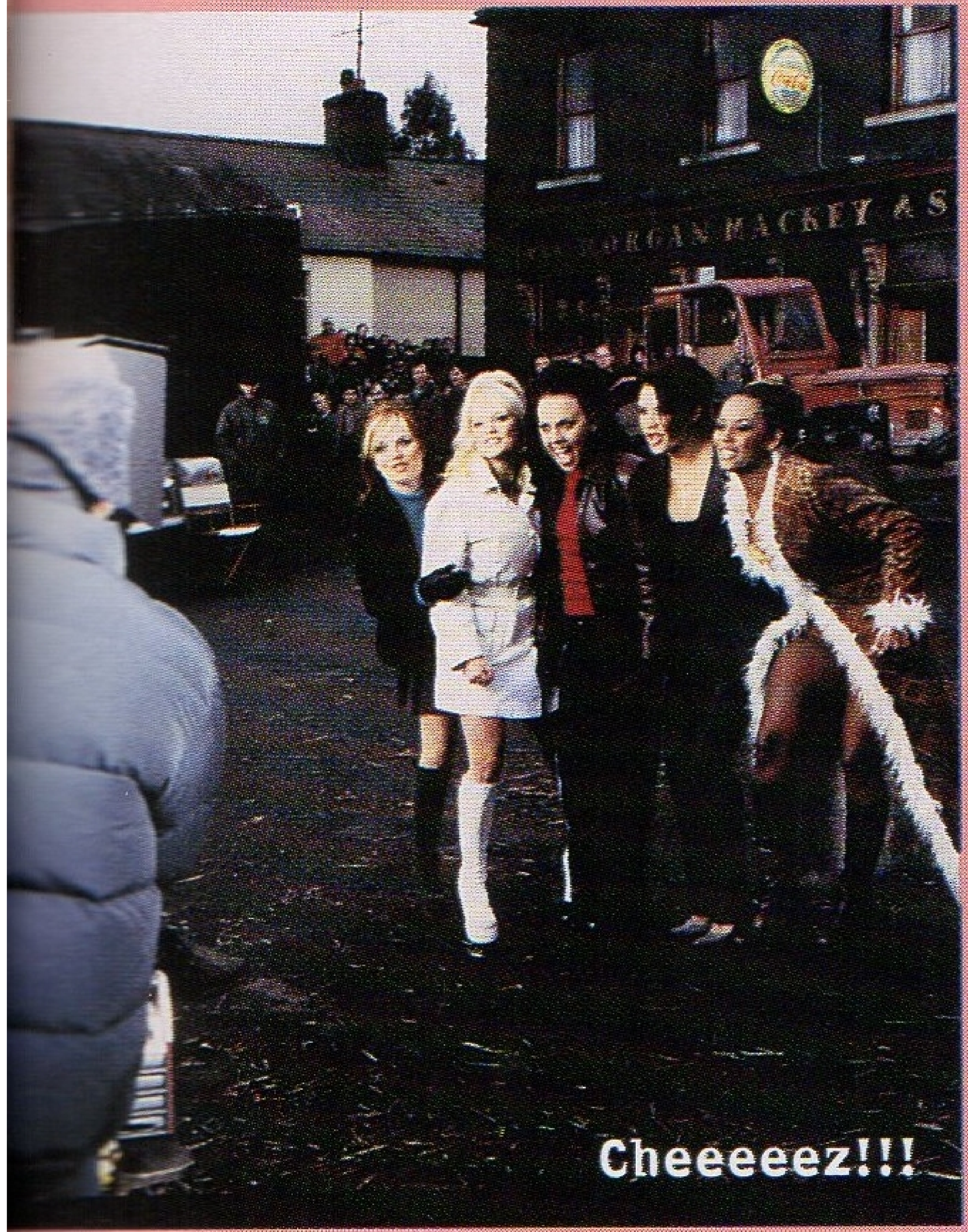
Mel B: There wasn't really a storyboard for this video – it was more trial and error. It wasn't planned down to the last detail and was quite a free-for-all. It's like everything we do – complete chaos!

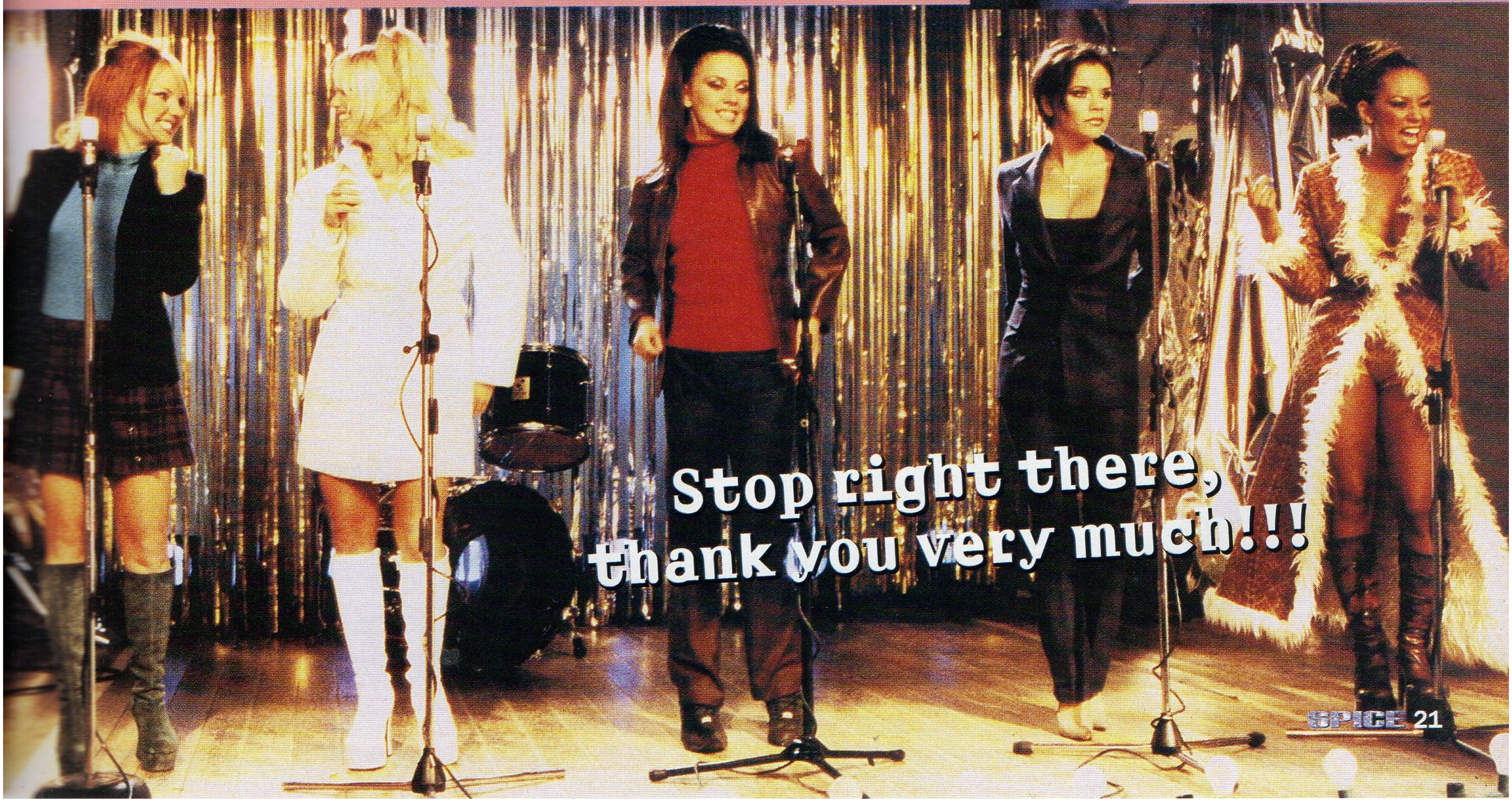
Hello baby-face!

Horsing around!






Cheeeeez!!!



Profile

My mum's white and my dad's black and they used to get a lot of stick about being together, so they knew that I might have problems when they brought me into the world. Even when I was born, somebody asked my mum: "If the world was split in two parts, strictly black or strictly white, where would your daughter be?"

I was lucky that my mum and dad were so cool when I was growing up. They respected each other's cultures and mixed them and were happy about it, which is rare. **You find that a lot of mixed race kids feel quite lost if their parents sway one way or the other and are prejudiced against white or black.**

That's where the confusion starts – you get mixed race kids hating black or white people, or just not knowing whether to turn to their mum or to their dad for an answer to any questions. I think people blend either to the black side or to the white side because they have a real fear of standing strong and saying: **"This is me. I'm mixed race."**

UNITED COLOURS OF MEL B

Being mixed race shouldn't be about trying to fit in as black or white – stand strong for who you are!!

I didn't see colour for a long time because it wasn't an issue at home. Then, as I started growing up, I sometimes saw a difference in the way people acted towards me. When I was in primary school I used to get called 'Paki', because they didn't know what else to call me. It was like, "Well, what is she, then?" The teachers didn't seem to know how to deal with the mixed race thing, either.

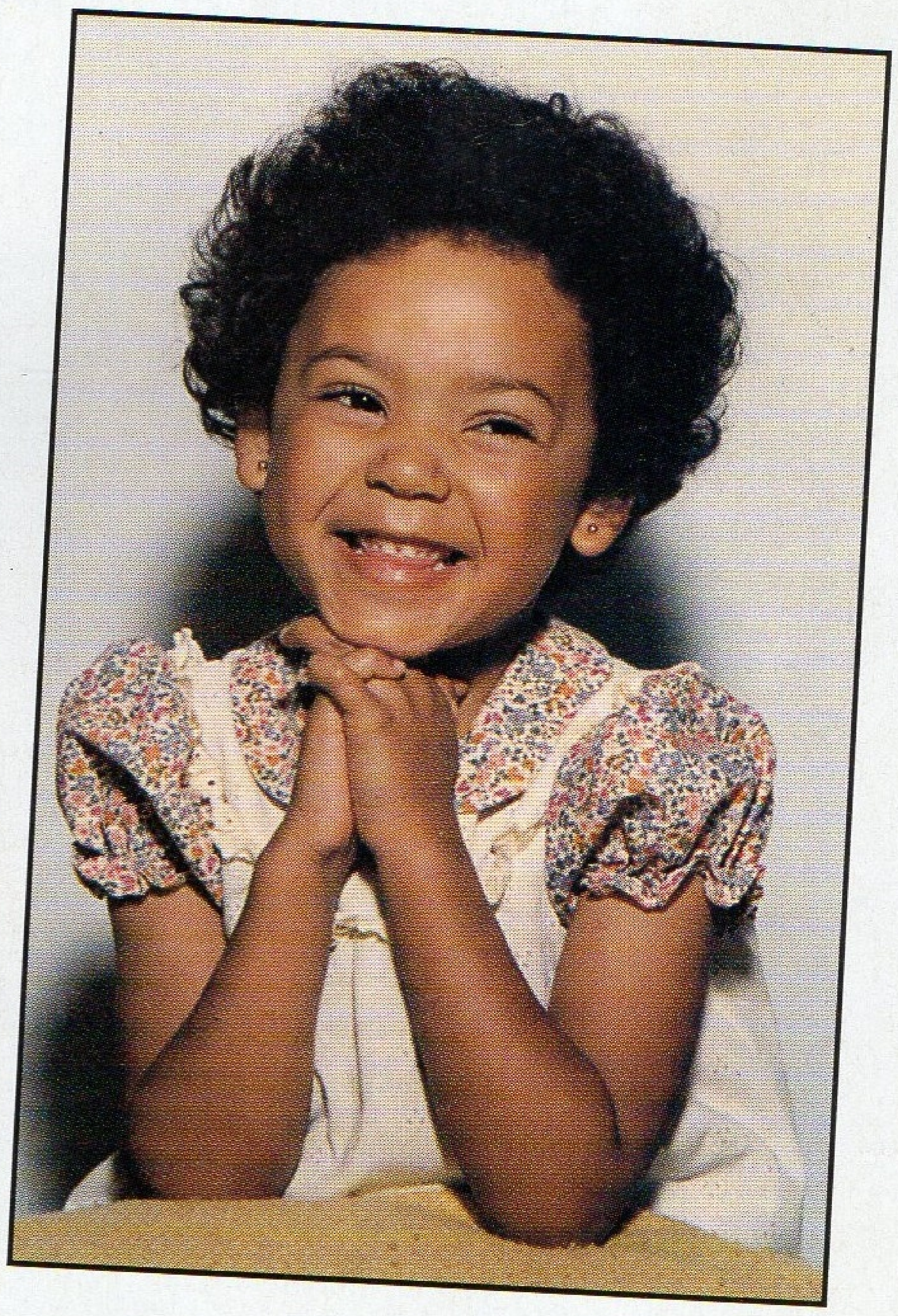
Sometimes I'd go to my parents and say: "I'm being called this or that – and why am I this colour?" They'd just say: "Because you are." They didn't give me any intense explanations or advice. They just let me get on with it. So I worked on myself and made myself happy. I used to write a lot if I had a problem, and that helped.

I realised that you have to create your own thing. You have to realise that you're in the middle, and respect both sides. In a way, it's a fairer outlook on life, because you can't have a problem with colour if you're in the middle! But then you find people who will create a problem because they just can't accept that they're two colours blended.

It's difficult because it often seems like there isn't a place for mixed race people to fit in. You get your black communities and your white communities. You get your black churches, your white churches, your mixed churches, your Indian and your Muslim places of worship, but you don't get anything for mixed race people. I'm not saying being mixed race is a defined culture and has a history – it hasn't, because society has always been so separate. But now in the 1990s we're more mixed than ever. You get people who are a half this, a quarter that and a quarter of something else, which is great. The only problem is that there are a lot of kids growing up who don't feel they belong anywhere.

I'd say to them that you have to listen to yourself and not take sides with any colour.

When you're mixed race, you're living proof that society has changed, that barriers have broken down and people are coming together a lot more, so you should be standing proud and saying: "Yes, I'm mixed race."



But a lot of kids don't see it that way – they see it as not really fitting in anywhere. I think you don't have to fit in. You create your own thing.

I'm neither BLACK nor white. I'm MIXED, completely mixed, whi means I've GOT THE BEST of both worlds

But when I was younger, I did have problems knowing where I fitted in. I had black friends and I also had white friends and some of my black friends would be completely on the black side dissing the whites, while some of my white friends were completely on the white side and didn't quite understand what was going on on the black side. They would ask: "What's the big problem about it all?" They didn't know about the history of black culture, all the suffering and everything.

I was different to my mixed race friends at school because I respected both black and white and I didn't hang around with any one specific colour. I didn't speak the black ghetto language, but then again I wasn't stuffy and snobby and so-called white. I got on with everyone, so I got called 'Bounty', meaning someone who's black on the outside and white on the inside. I used to think: "Why are they calling me that? " I couldn't understand it.

A lot of mixed race people have different features to black and white people and sometimes it's hard for them to know if someone's being racist to them because of their colour or because they're jealous of their complexion, looks or hair. White girls always used to say to me: "I've had so many perms to get my hair like yours." And black girls would ask: "How can I get my hair like yours?" And I'd say, "Well, I don't know. This is just how it is."

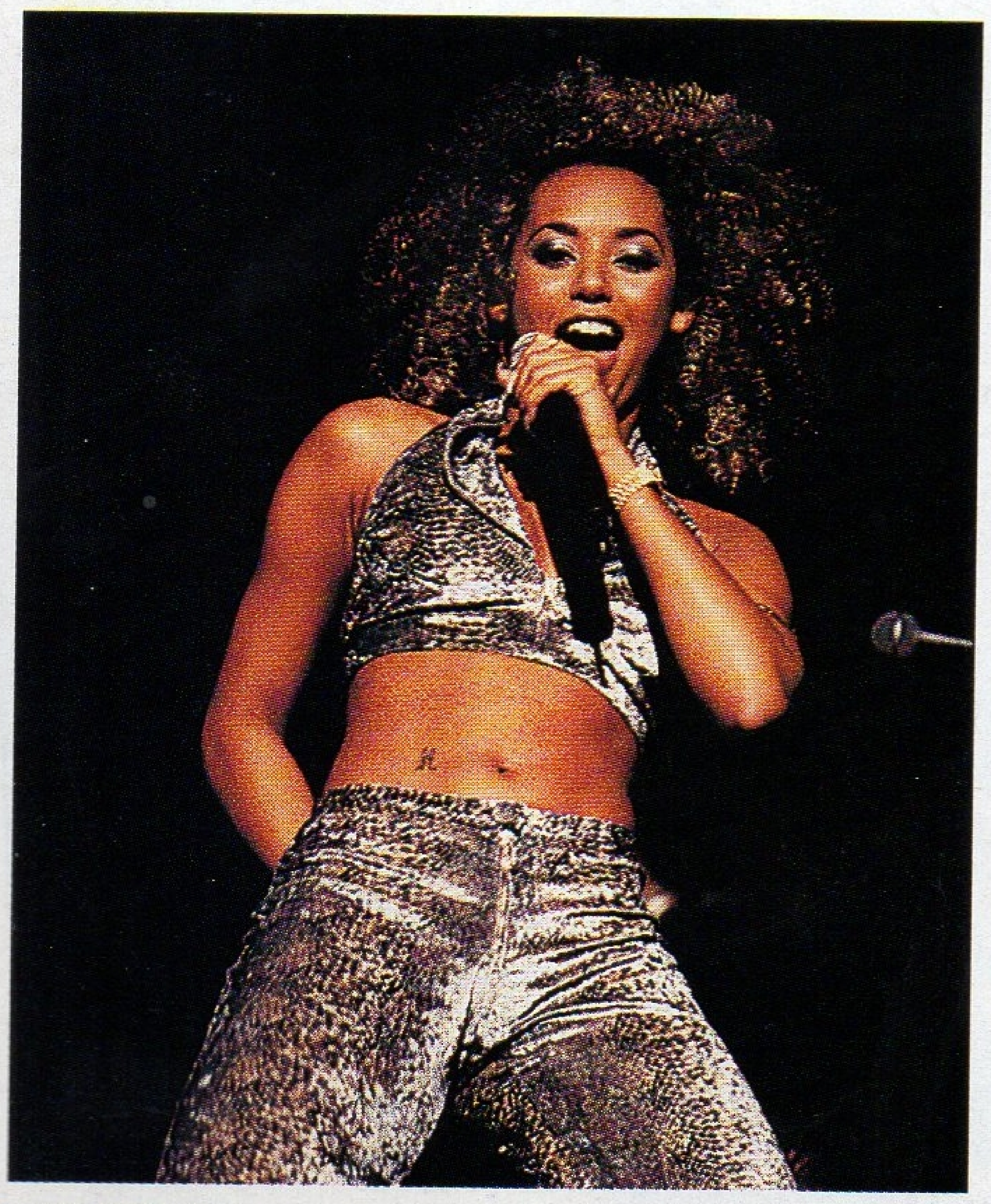
I've come across racism from white and black people, but I never let it affect me. The way I see it, well, it's their problem, not mine. I know who I am. At one time I had a black boyfriend and went to a lot of black gospel churches with him and his parents, but a lot of the black girls didn't like me at all. I used to get spat at on my way into college, in the black area of Leeds. I just got used to it. It was like the norm – oh, a black girl's being funny with me, that's fair enough. But I think it's changed now. I really saw a difference when I went out clubbing in Leeds over Christmas and I got black girls coming up to me and saying: "Well done!"

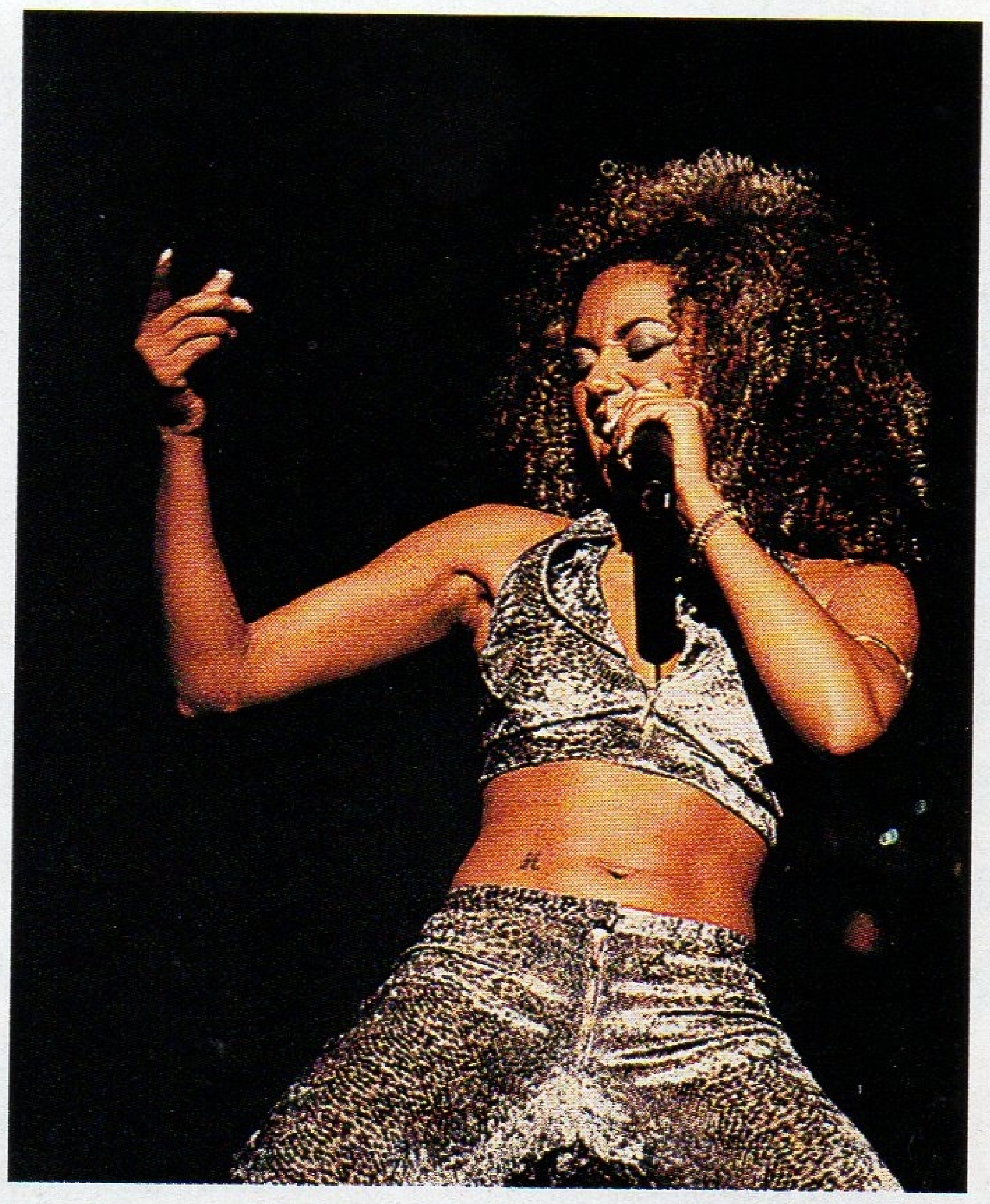
Maybe that's because I've done a couple of interviews – one for *Pride* magazine and one for 'Black Britain' on TV. I'd always wanted to be on 'Black Britain' and it was really, really good to get the chance to talk about mixed race issues.

Times are really changing – all the stereotypes are breaking down. For instance, I spoke to Tricky in New York and he told me that people thought he was weird at school because he wasn't into the so-called black music. But now he's broken down barriers in a brilliant way by making his own kind of left-field music.

Although there are always going to be problems with colour, mixing up the races diffuses the situation. I think that once people see that you're alright with yourself, it breaks down the barriers and there isn't a problem. The answer is to be yourself.

Be proud of who you are and where you come from. Whoever you are.





Cadbury celebrates Chocolate Girl Power this Easter

The bunnies won't be getting so much attention this Easter, but the Spice Girls will, with the new mouthwatering chocolate delights from Cadbury!

The latest egg-citing news is the launch of the wonderful Cadbury Spice Eggs, made from delicious Cadbury Dairy Milk chocolate. Crack open an egg and you'll find a collection of the Girls' favourite Cadbury chocolates, all individually wrapped and signed.
So it's easy to guess which varieties each of the Spice Girls adore.

You'll go mad for the Posh Nutty Truffle and will love Sporty's chewy Caramel. Baby's favourite has to be smooth, creamy Fudge, in it's special pink wrapper; enjoy with Ginger the Hazel in Caramel and Scarey finds Nougat totally irresistible!

Depending on how much you can eat, Cadbury Spice Eggs come in two sizes, with a Small egg at £1.99 and a Standard one at £2:99, giving unbeatable value! Every Spice Girls fan will be in chocolate Spice heaven!

If that's not enough, there's the delicious Spice Assortments Box for you to unwrap and enjoy. At only £1.99, they're sure to be top of the chocs and make an ideal gift this Easter.

Cadbury Chocolate Spice Bars are also back by popular demand, and available in singles at just 15p, giving you a real pocket money treat. Shaped like the fab five, there are two special wrapper designs for each Girl, they are all filled with fascinating fun facts, as well as delicious Cadbury's Dairy Milk - that's ten different variations to collect!

Cadbury's Easter Chocolate Spice range offers something for everyone. So now you know what chocolate you really, really want, look out for the ultimate Spice Collection in shops everywhere this Spring.

Concept by Fuller Marketing Tel: 01580 879650

Cadbury WISHES ALL READERS A HAPPY EASTER

SKIN CARE

"One of my presents for my birthday was a little box set of aromatherapy oils and a book on aromatherapy. I've used them on the girls and they're absolutely brilliant. One night, Geri was really jet-lagged and so I put rosemary, lavender and orange in her bath and another time, Mel B felt sick, so I used a blend for nausea. It really works and now I'm the little witch doctor on tour! **MEL C**"

How do you look after your skin?

GERI

I think skin routines are a load of rubbish. Sometimes I don't bother to wash my face and just go to bed with my make-up on. Most of the time I put Atrixo hand cream on my face and that's it. I occasionally get spots, but not enough to get bothered about.

MEL B

I use the occasional mud mask and feed my skin with pure Vitamin E oil when it gets dehydrated. Vitamin E oil is brilliant stuff – everyone should have some!

VICTORIA

I use Dermalogica on my face, which is very good for sensitive skins – and I've got very sensitive skin!

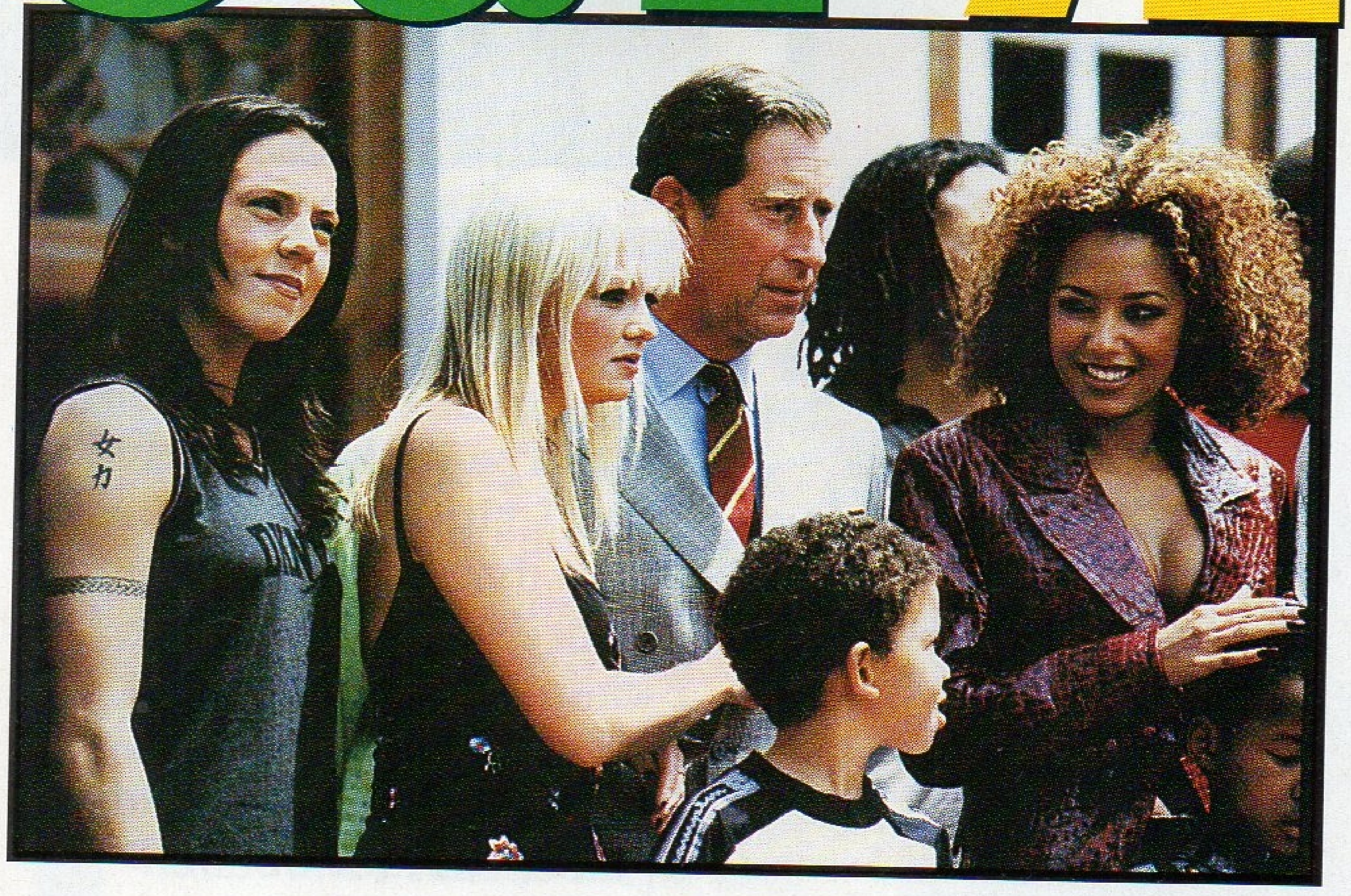
EMMA

I'm quite lucky with my skin. I think it must be quite dry, because I don't get greasy spots at all. I wash my face with a simple soap and water. I don't tend to use loads of moisturiser or cleanser – I just put a bit of cream on before I have my make-up done so that the make-up doesn't soak into my skin, and I put moisturiser all over my body after my bath.

MEL C

I have a lot of problems with my skin because of all the flying we do. I've been trying all kinds of things, but I still get spots around my T-zone. I find it's fine for a week, and then it'll be bad again. I use a facial wash every morning and night, followed by an Aveda balancing cream for the spots, although lately I've resorted to Oxy 10. I get upset sometimes, when I'm tired and I've got bags under my eyes and loads of spots and look really rough, because I look after myself and I should look alright! I'm always drinking water and I couldn't eat more healthily if I tried. Oh well!

Our African



A herd of wild elephants couldn't have kept us away from South Africa!

Mel C We feel as though Charles is our mate now. In the past, we never knew what to call him but now we just call him Charles. He's a nice man.

Mel B At Nelson Mandela's house, I decided I wanted to nick some toilet roll and Emma nicked a plant pot. We told Nelson and he just laughed. I don't think he believed us, actually. He's very nice and friendly. His house was quite cosy, too.

Geri Nelson Mandela has my total admiration. For someone to have suffered so much for what he believes in is absolutely amazing. Charles has got a lot of humility, I think. He's just like any other middle-aged man. He's funny, he's got a wicked sense of humour and he likes women.

adventure

CHARLES AND NELSON

Emma Our trip to South Africa was definitely one of the best times of my life. It was so fantastic – like a little adventure for us all. Meeting Nelson Mandela was amazing – he's such a warm person, it was like meeting your granddad – absolutely brilliant.

It was lovely to see Charles again – he's like our little mate now. He said: "Oh, hi there girls, how are you?" and gave us all cuddles, which was really sweet. Later on, when we were in front of the paparazzi, he said, "Do you think we should cuddle in front of the cameras?" But he gave me a big hug anyway. It was the first time we'd met Harry and he was so sweet. We sat down with him when there was no-one else in the room and asked him whether he goes to parties and things!

Victoria It was pretty overwhelming meeting Nelson Mandela. When you look at him, you can't help thinking about what he's been through to get where he is today. I really enjoyed meeting Prince Harry, too, because he's a real sweetie.

South africa

Mel C We knew we were going to see a lot of different animals on safari, but I just had this huge desire to see giraffes. They are the weirdest-looking animals – like long-legged horses with huge necks. I was amazed when we saw our first one eating some leaves from the top of the tree. It looked at us, fluttered its big eyelashes, posed for a few pictures then raised its nose in the air and walked off, wiggling its bottom. It was the coolest creature I'd ever seen in my life! I've got this thing about giraffes now. My mum bought me two toy giraffes, then Geri got me a cuddly one, then I bought one and now I've got a collection of about fifteen of them, including a bean bag one. For Christmas, my mum got me a great big picture of three giraffes on the African plains, so my flat's going to look like a giraffe sanctuary soon and everyone's going to think I'm a complete weirdo! But I love them. I want to adopt one at London Zoo now. It was funny when we were out in the bush and wanted to go to the toilet. The game warden told us about a woman who'd gone to wee in some bushes and all of a sudden she heard a roar and came running back to the truck with her trousers round her ankles! It made us a bit nervous, really.

Emma We took our mums on safari with us. It was very scary when a group of lions came and surrounded our car. My mum, who was next to me, couldn't even look. She kept squeezing me and asking if we could leave. One of the lions was an arm's length away from me! I was stiff with fear, but I went on watching them. Mel B was just in front of me, taking pictures of them as they were walking past. I thought they were going to come up and grab her camera and throw her out! Funnily enough, the pictures don't represent what it was like at all.

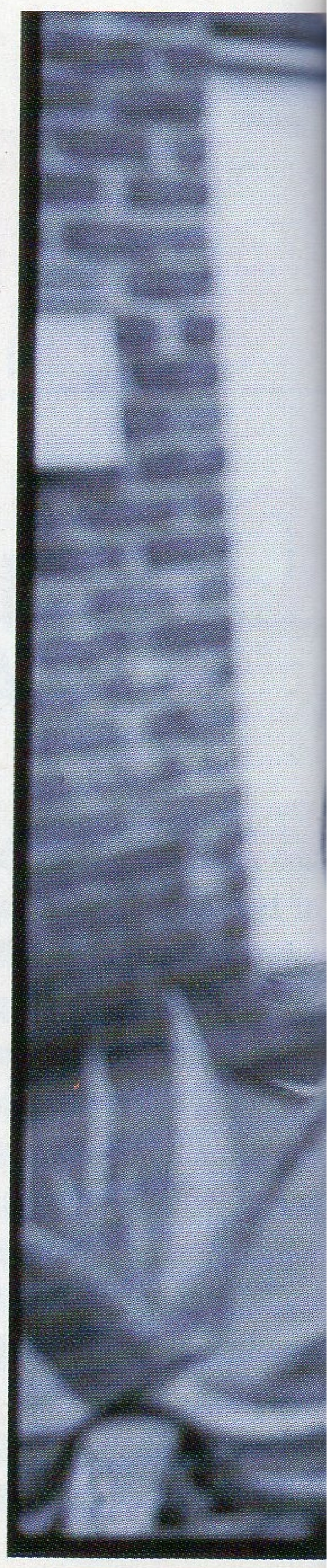
Victoria I wore a hairpiece on safari, because my hair went frizzy in the humidity. I refused to look scruffy because I knew the pictures would end up somewhere. Now I've decided that I just can't do humid countries. I did like seeing all the animals, but I didn't like the hut-type hotels we stayed in. They weren't very luxurious at all. It was good, but there was a little bit too much roughing it in the back of a jeep for me to feel entirely happy.

ON SAFARI

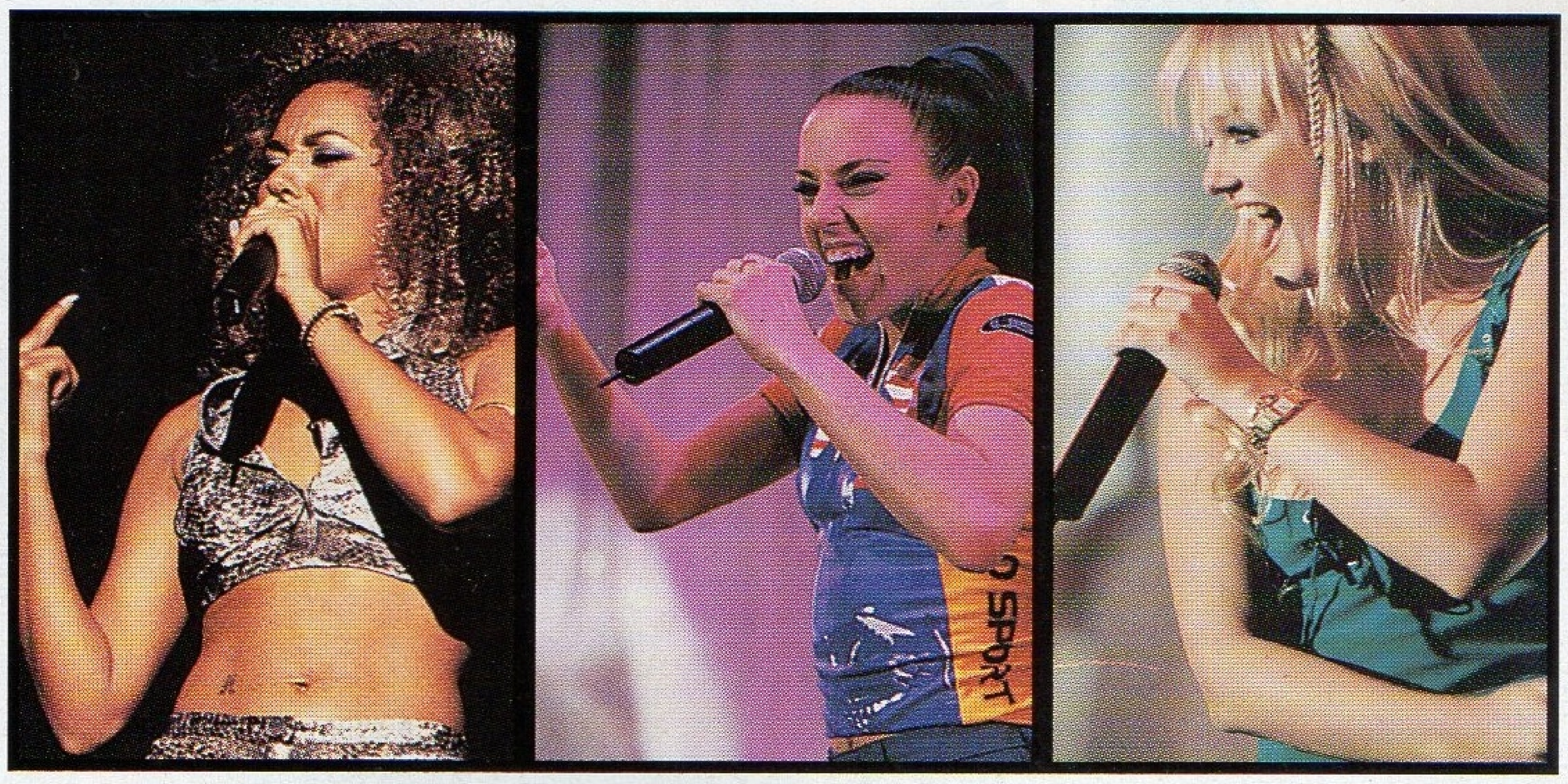
Geri When we went on safari (Mel B, Emma and me) we happened to have a feisty game warden who was a bit of a show-off. He said we could get out of our truck and go rhino tracking if we wanted. So the three of us got out in the middle of the bush and wandered off, leaving two mums and my sister behind. They were panicking and begging us not to get out and we were giggling, not realising the danger of what we were actually doing. In the end, we couldn't find the rhino, but we came running back out of the bushes pretending we were being chased and the parents just completely freaked out! It was really funny.

That night, we realised how dangerous it was to wander off like that. We went on a night safari and you couldn't imagine the feeling we had when a pack of lions walked up to us and stood a foot from our open-top truck. They were so close you could feel their breath against your face. You're not meant to move because they see the truck as one animal and if you move they could pounce – they're so volatile that your life is in their hands. I was paralysed with fear. I thought, 'I could die right here, right now'. But at the same time the feeling was magnificent, being that close to those creatures. They command so much respect. But the minute you don't have respect for them is when you get eaten!

To become a ranger, you have to prove that you're really tough by going out and shooting an impala (like an antelope) then dragging it back to camp. That's because, when you take people out on safari, you have to be prepared to kill an animal if it attacks one of the guests. While we were there, we heard about a girl who was out by herself in the middle of the bush trying to pass that test. It took her three days to get the impala back to camp and she had to sleep rough while she was doing it. Girl Power!



Mel C The Prince's Trust Concert in South Africa was amazing! It couldn't have happened ten years ago because of Apartheid (the white/black social segregation, so it was unbelievable to be onstage with so many different races. Black and white musicians just wouldn't have been able to perform together like that in the past. We were on with Billy Ocean, which was really good because when we were younger we all used to love him. Omar was there, too.



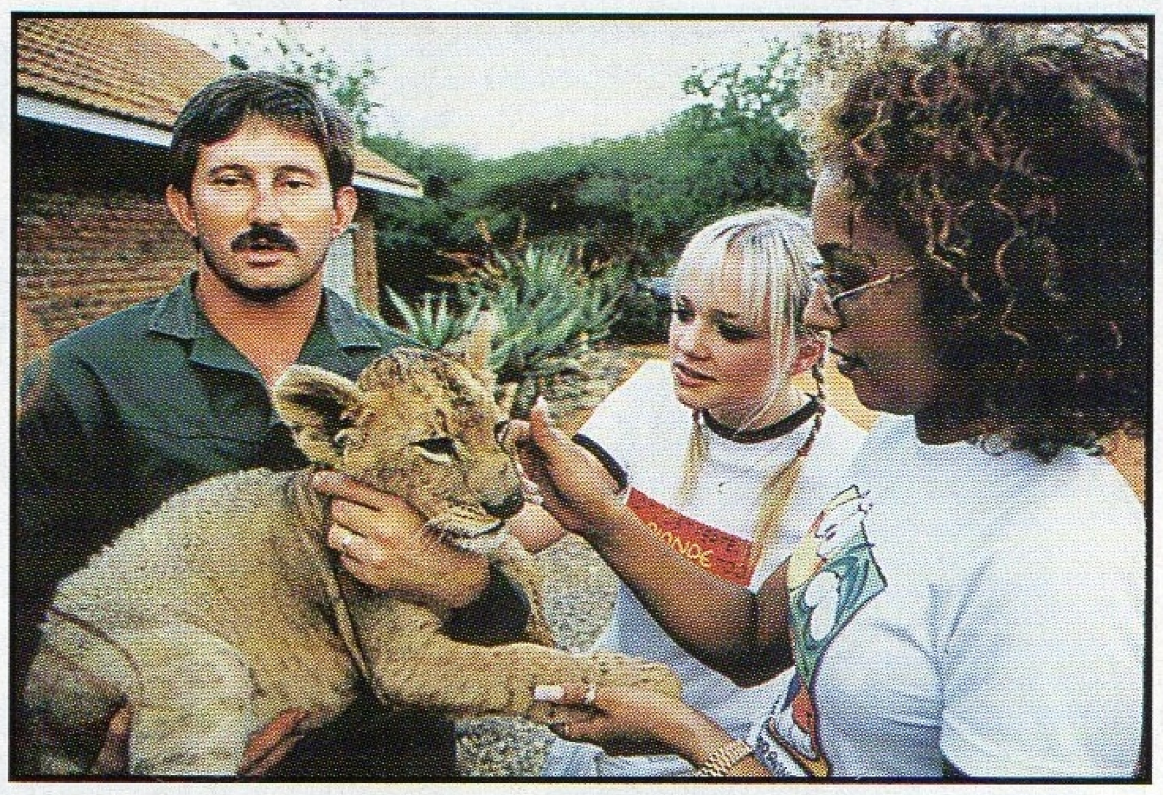
THE CONCERT

Geri It was a great feeling to be among a group of musicians who had come together from all over the world. After the concert, when we left the stadium, we all got into this helicopter which flew up and over the stadium. Looking down, we saw that there were thousands of people below, all waving and shouting. It felt like a bit of a Michael Jackson moment!

Victoria I really enjoyed doing the concert. The audience was fantastic, there were thousands and thousands of people. It was in a huge stadium and I'd say it was one of the biggest audiences we've played to.

Emma The concert was brilliant, especially seeing Billy Ocean. We did two songs – 'Wannabe' and 'Say You'll Be There'. I looked around for Charles and Harry, but the crowds were so big I couldn't see them. It was unbelievable – thousands and thousands of people.

Mel B It was great to meet so many people from all around the world at the concert. It was really nice, because they're all joined together by music. A couple of months before, I'd seen Omar in a restaurant in London. He was with two models and I went over and said "Hi" because I really wanted to meet him, but he ignored me. So in South Africa, when he came over saying "Hi Mel, how are you?" I said, "Don't speak to me now, because you ignored me before!"



Mel B **When the lions came close to the van out on safari, I was taking photo graphs and my mum started pinching me to make me stop. I went into hysterical laughter because she got so scared that she started trying to get underneath my legs to hide! I wasn't scared – I was just a bit worried that she would scream and get us all eaten. But it was excellent – even the game warden said that he'd never been that close to a lion before. I loved the cheetahs. We saw them eating the head of an animal they'd just killed and we could hear the crunching of bones as we got closer! They were gorgeous – so alive and elegant. They were all brothers and sisters and they were licking each other in a really affectionate way, which was lovely.**

Girl power in action

You cheeky monkeys!

Rose (left) Liza (right) in front of Jokers where they scammed a free meal

Melbourne girls Liza and Rose proved that you can get what you want, what you really, really want (well, almost) when they posed as paparazzi for the day, to get closer to the Spice Girls.

Rose with the passes. Note one is a security pass, yeah right!

This story begins at Hoyts Cinema in Melbourne...

Great, we're in!

where the Spice Girls were appearing on Sunday 11 January. The only way to see the Girls was to buy a ticket to their movie, so we lined up for hours. The tension was mounting and the closer we came to the front of the line, the more nervous we became. "Please let us have a ticket, we can't miss out!" Then we heard the screams of the lucky cows who got the last tickets. We'd missed out.

Feeling lost and deflated, we stormed the Hoyts building with about 20 12-year-olds to demand tickets. After arguing and negotiating with various bouncers, police and staff, we left with our tails between our legs and tears in our eyes. Silently, we made the trek back to Kinglake, our home.

Then we heard on the radio "...the Spice Girls are appearing live at Planet Hollywood..." "Cool," we thought, "We'll get to see them after all!" But when we rang we were told it was a closed media event and not to bother coming down. Once again our hearts sank, but we couldn't take no for an answer because we had Girl Power! Liza called back with a posh accent and explained that she was "media", thanks very much! She was put through to the organisers. "My name is Liza Wheeler and I need two passes to the media call at Planet Hollywood."

"Where are you from?" Ahhh, palms sweaty, I wish we'd known he was going to ask that question before we rang! Then my eye caught a copy of our small local paper (and I mean really small!) "I'm from... (Name withheld to protect the suckers we scammed!) "We were told the accreditation would be processed in a couple of days. Accreditation? What the hell was that? We thought we were busted for sure. We quickly rang the editor of the rag and explained that we were freelance journos who had an opportunity to go to the Spice Girls' media call. Would they like a story? Well, of course they would! This would be the biggest story since farmer Bob lost his prize Jersey cow in the 1985 bush fires!

We were set. The next few days we spent nervously waiting for the yes or no. Then it happened. Liza and Rose were officially 'invited' to the 'photo opportunity' for the Spice Girls. This was it! "Omigod, my hair!" It was time to start thinking. We figured the only way we'd get to

Liza with the Spice Girls fans at Hoyts. Notice which side of the barricade she's on!

Oops! Sorry Victoria! As you can tell we are not professional photographers

meet the Girls was if we stood out. The next couple of days were spent making clothes and dying our hair. We were revelling in the thrill of the adventure. Our threads looked cool, hair was dyed and Doc Martens were polished. Not long to wait now!

We were so busy organising ourselves that we forgot something – a camera! Since we don't own one, this posed a slight problem. After all, we were supposed to be photographers! We decided that if all else failed, we'd get a couple of throw-away cameras from the chemist, but that wouldn't look too professional, would it? It was panic stations! After phoning around like crazy, we finally hit the jackpot. We sped round to a friend of a friend's and were blown away to see a real paparazzi camera. After a quick lesson we sped back home to practice our paparazzi poses in front of the mirror.

The big day!

We were up at 5.30am feeling pretty wonderful, because this was the day we were going to hang with the Spice Girls. The drive to the city was a mix of excitement, nerves and Spice Girls blaring out of the stereo – and us singing along. When we arrived we had to pick up our passes. Sitting there with all the other media we realised we really did stand out, because they were all over 30 and very professional-looking – and we were definitely neither of those! We were also the only ones with cheeky grins on our faces, squirming in our seats with anticipation. Finally we were issued with our passes. We had to tell ourselves to act cool, because we were now paparazzi!

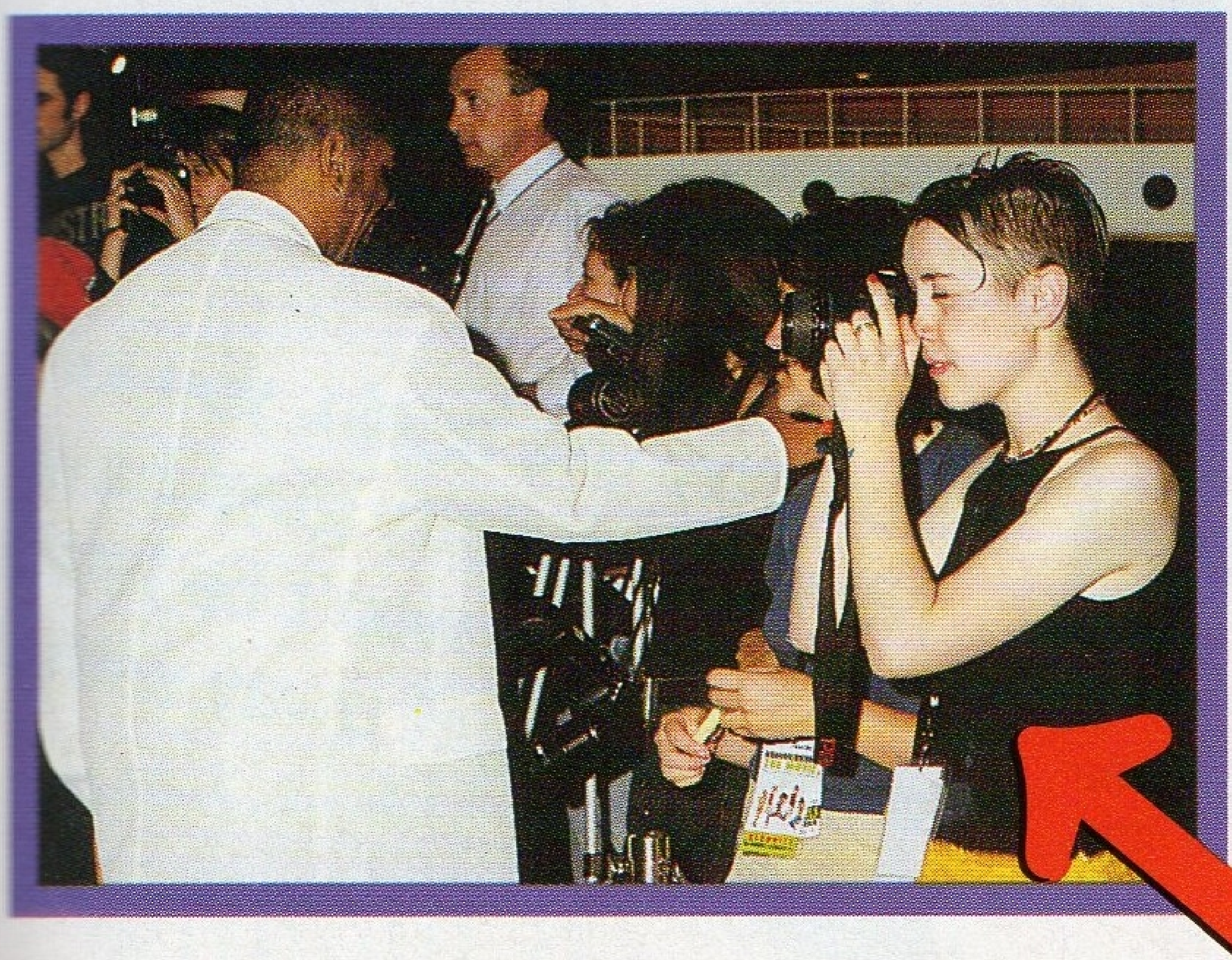
We couldn't believe that soon we were going to come face-to-face with the Spice Girls. We waited outside Planet Hollywood and by now the crowds were swarming. To think that we could have been stuck out there if we hadn't used our Girl Power! Suddenly the doors opened and a group of big, burly security men came from nowhere and escorted us (the media) through secret tunnels and doorways – even through the kitchen. It was just like the movies.

We ran like the clappers and took our positions right in the front. Liza had to adjust her skirt as she nearly lost it in the race. Forty-five minutes later, the Girls arrived. Rose started clicking away and we sounded very professional with our proper paparazzi camera making that cool sound. In a matter of seconds the first roll of Kodacolour Gold 24+3 free shots had finished. We were loading up every two minutes!

At one stage when all was quiet, Liza yelled out to Mel C and she looked straight down our lens with a cheesy grin. Rose was trembling! As you can imagine, it was a very special moment. The Girls joked around for a bit and then it was time for them to leave. Well, no time for messing about. We were paparazzi and we had a job to do.

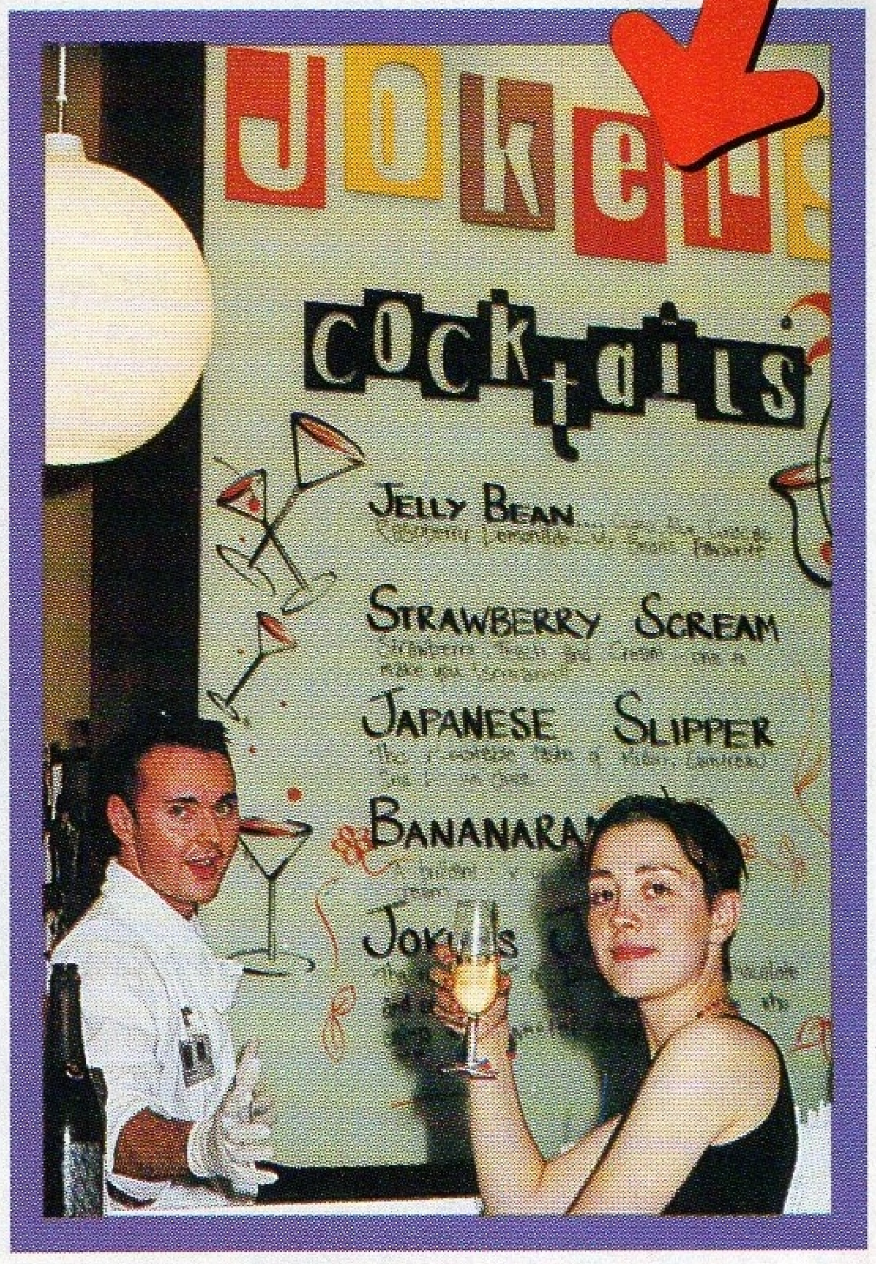
We piled into the van and rushed to get some more film from the chemist. There were thousands of screaming fans waiting behind the barricades. When we flashed our passes to a security man, he led us round the corner to where the fans were waiting. They were screaming and cheering and we realised it was for us! Wow! Liza gave a few waves and we both had a giggle. The guards moved some barriers and escorted us through. We imagined for a moment just what it was like to be a Spice Girl.

Rose pointed the camera at the crowd and they screamed more and started jumping up to get their heads in shot. Little did they know that we had run out of film! The screams were deafening. At one point it all became too much and some kids broke free and came running towards us. On closer inspection we saw it was two girls who'd been waiting behind us in line at Hoyts the week before. Oh no! Our initial idea was to ignore them, but they started asking questions. "What are you doing? You guys are not media!" We had to run or they'd blow our cover. Luckily, security stepped in and we were whisked away.



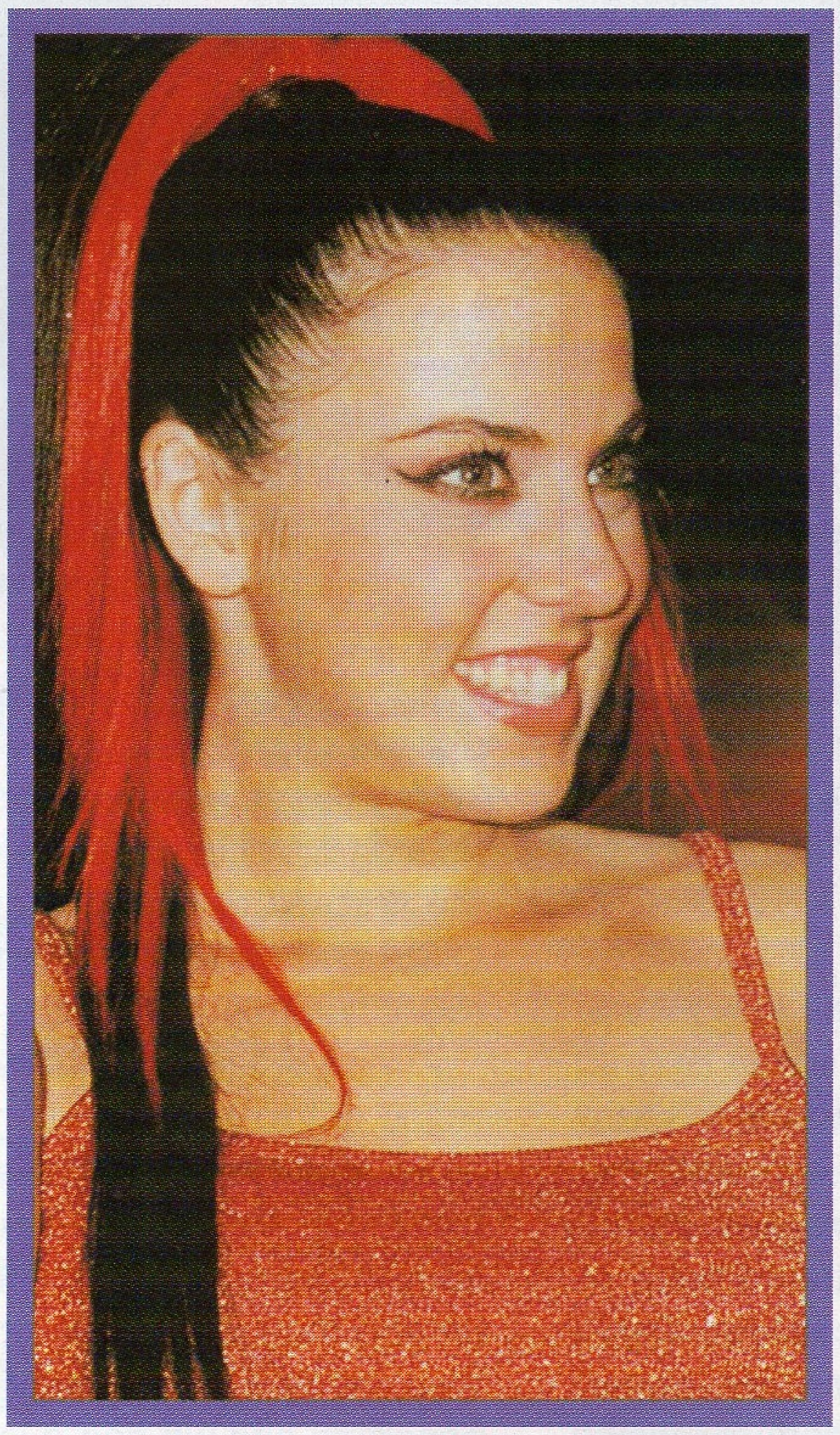
Liza at Hoyts. She grabbed the camera off one of the other paparazzi and Rose took the photo

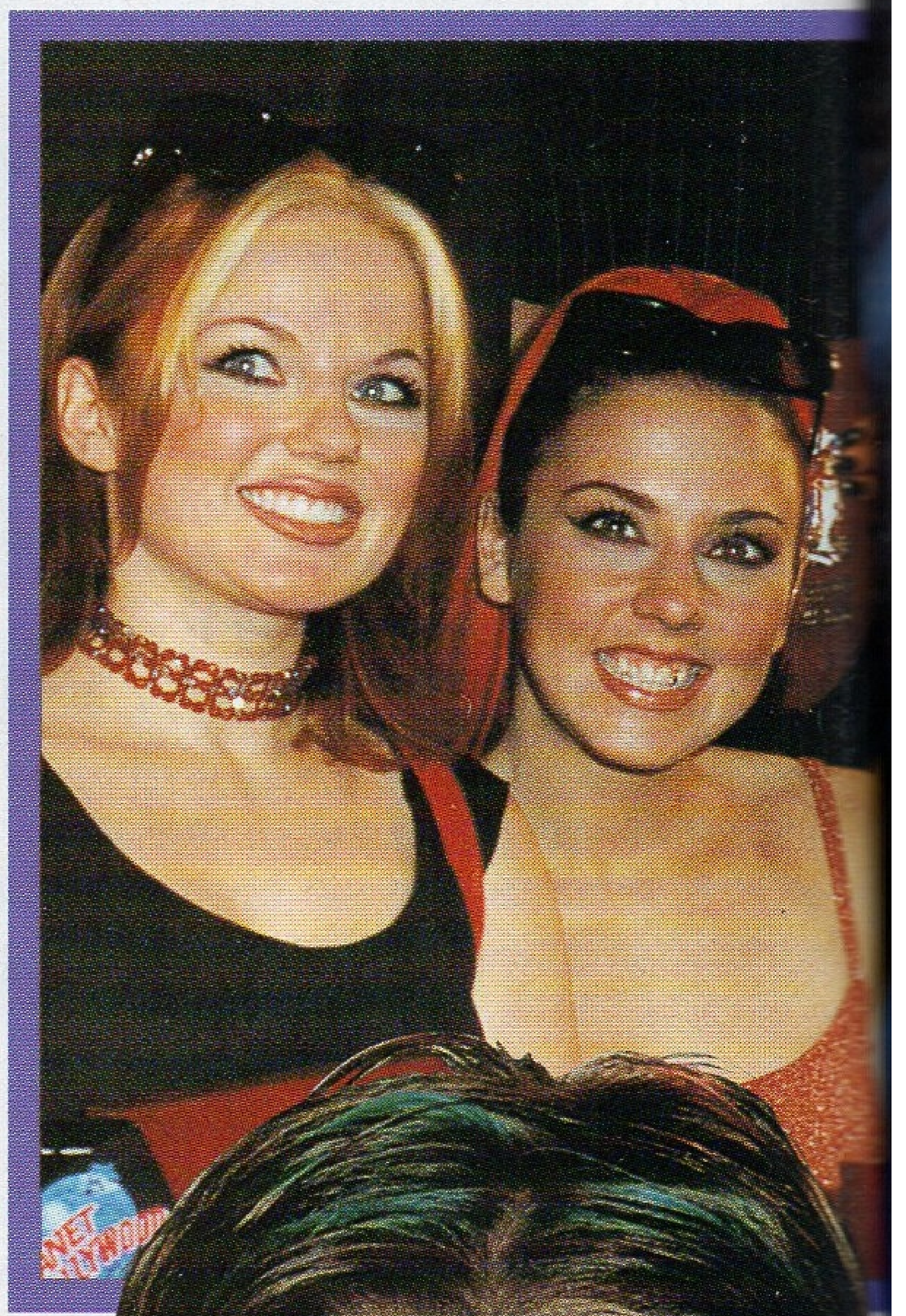
Liza at Jokers (and free champagne) after scamming free meals



The Big Scoop! Or what they thought was the big scoop – the lone, bald security guy

Mel C looking straight down the lens





Hoyts cinema

Once again we were first in the media pit and when the rest of the media arrived we heard whispers behind us: "Look, those two are up front again!" One big shot media jerk tried to push in front, but we'd been waiting ages and no-one was going to get in front of us, especially today!

When the Girls arrived, they looked terrific and it was even more exciting seeing them again. We still couldn't believe that we were in the same room as them. Amazingly, everything was running smoothly until the camera flash swung round and nearly took Rose's eye with it. Not very professional, huh! In no time it was over and the Girls went into the cinema to introduce their movie. We were led out of a back entrance where we waited for them to leave. A limo came racing past. Liza grabbed the camera and started clicking away, but soon realised she'd been taking photos of a lone, bald security man. By that time the Girls had left in another limo and it was all over. We were exhausted. We'll tell you now that it's not all glitz and glamour being paparazzi – it's hard work!

Later, we heard a rumour that the Girls were making an appearance at an exclusive night club in the city. We were pretty tired and we weren't wearing appropriate club gear, but by now we had so much confidence that nothing was going to get in our way. We were paparazzi with Girl Power! Within minutes we had organised to put our names down at the door.

Exclusive nightclub MIDNIGHT

We walked past huge queues and proceeded to get our names ticked off on the guest list. We did a couple of laps of the club, making sure our passes were showing, and loads of people came up and asked who we were and what we did. We didn't tell the truth – we said we were freelance journos who'd been hanging out with the Spice Girls all day. Instant respect. But then we heard that the Girls weren't coming. "Well, we'll go to them!"

Crown Tower Hotel 1am

We called security down and demanded to know what the Girls were doing. We had to say hello or at least get an autograph. The security guards were very helpful, but told us that the Girls were "tucked in" for the night. This was where our big adventure ended. Never mind, but we were so happy with what we'd already achieved that we decided it was still the most exciting day of our lives. Just goes to show what a little Girl Power will do!

IMPORTANT SPICE MESSAGE!
Don't try this again, you lot. Now our security guys have read this, they won't be letting anyone else get away with it!

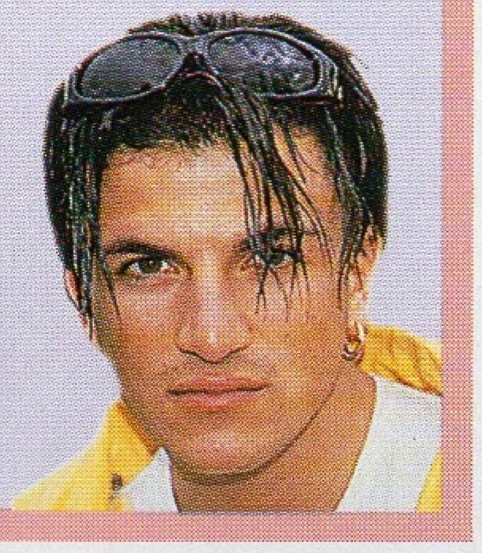
A TO Z

Here are some of the stars we have met

A

Shola Ama

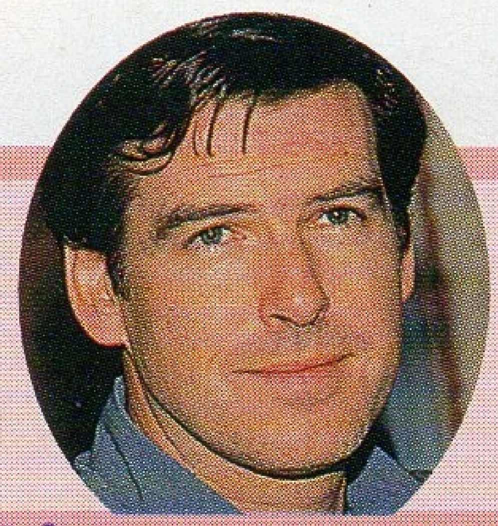
Emma: She's lovely. A couple of years ago she asked me if I had any advice for her as she was just starting out in the music industry. I told her to do her own thing and do it from the heart.



Peter Andre

He's a very very nice down to earth pop star guy. He's lovely!

B



Pierce Brosnan

We met him when we saw Janet Jackson in Italy.

That Gary Barlow, he's really nice!

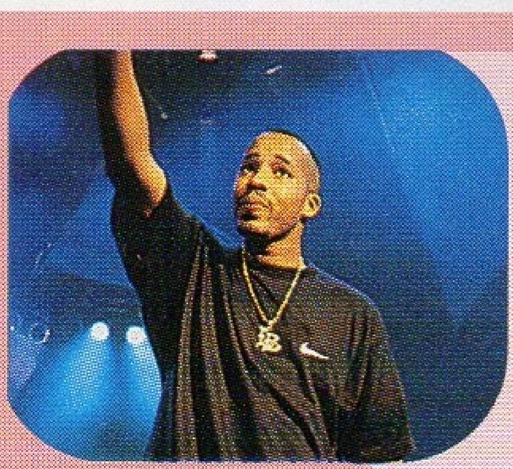
Gary Barlow

F

Dawn French

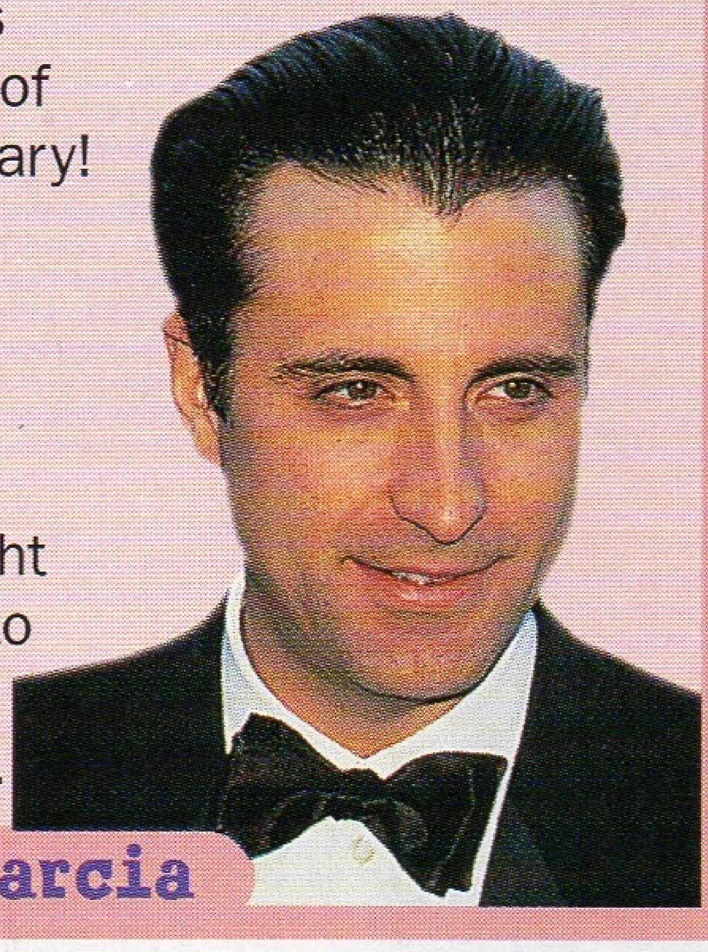
We've known her for ages and she's in our ladies gang.

G



Warren G

He showed Mel B his bullet-proof vest – scary!



He brought his kids to the LA premiere.

Andy Garcia

H

He's really sweet! Hate to say it, but he's really normal, too!

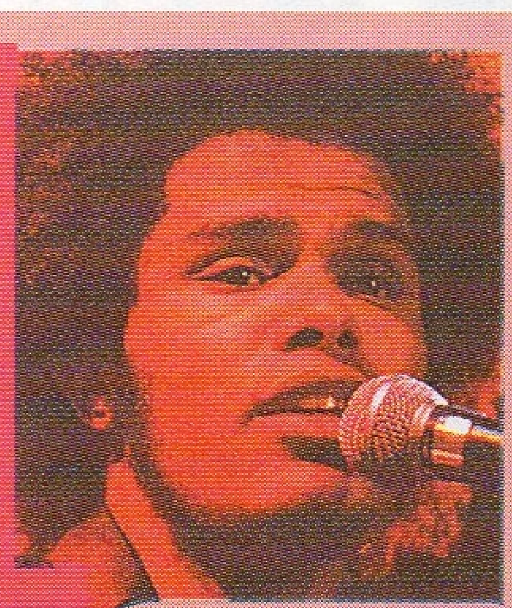
Prince Harry

L

Mel B & Geri: Before we were famous we blagged our way into her dressing room by pretending to be in a rock band!

Courtney Love

M



Maxwell

Mel B: He's gorgeous!

Madonna

She's got an amazing aura! And 'Mama''s her favourite song!

N

911

Lee from 911 is a good friend and he often comes to our gigs.

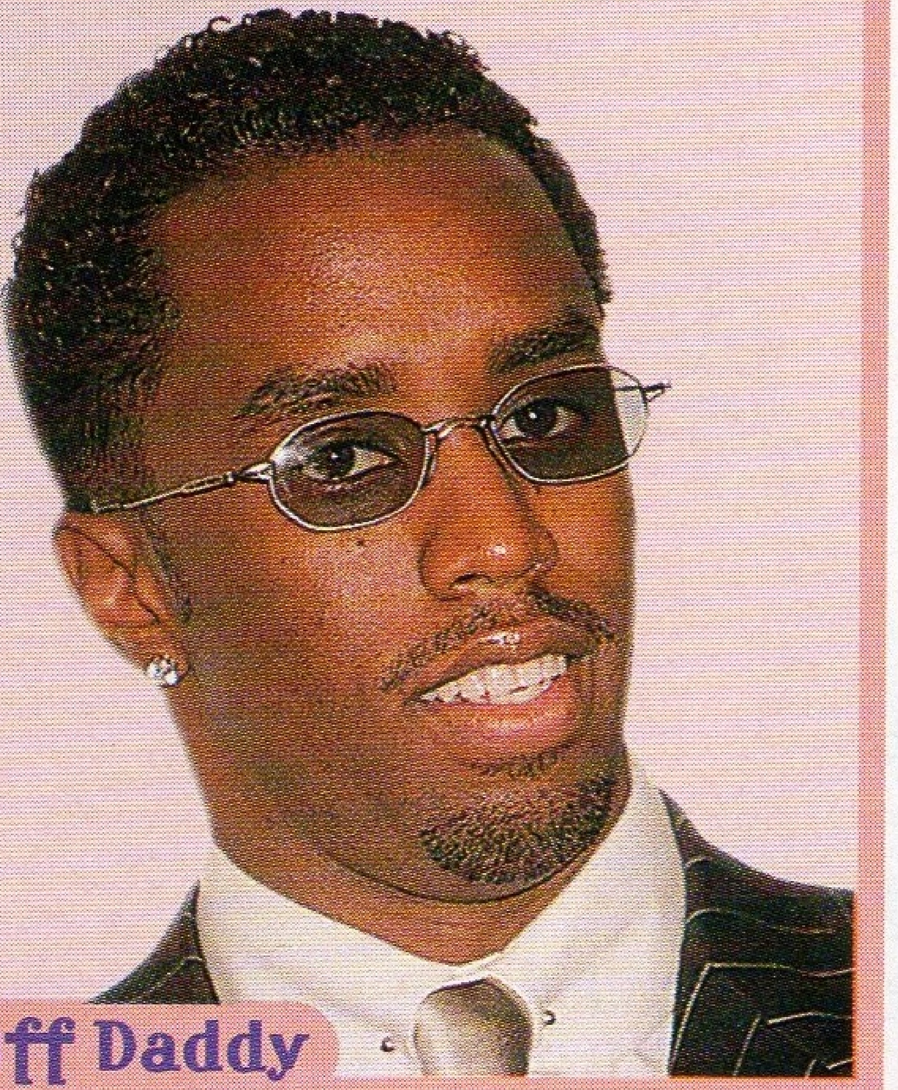
Neneh Cherry

Mel B: She's always been my hero. We had a really nice chat when we met and her kid made me some three-coloured nappy pins to put on the end of my trousers.

He's like our mate now!

Prince Charles

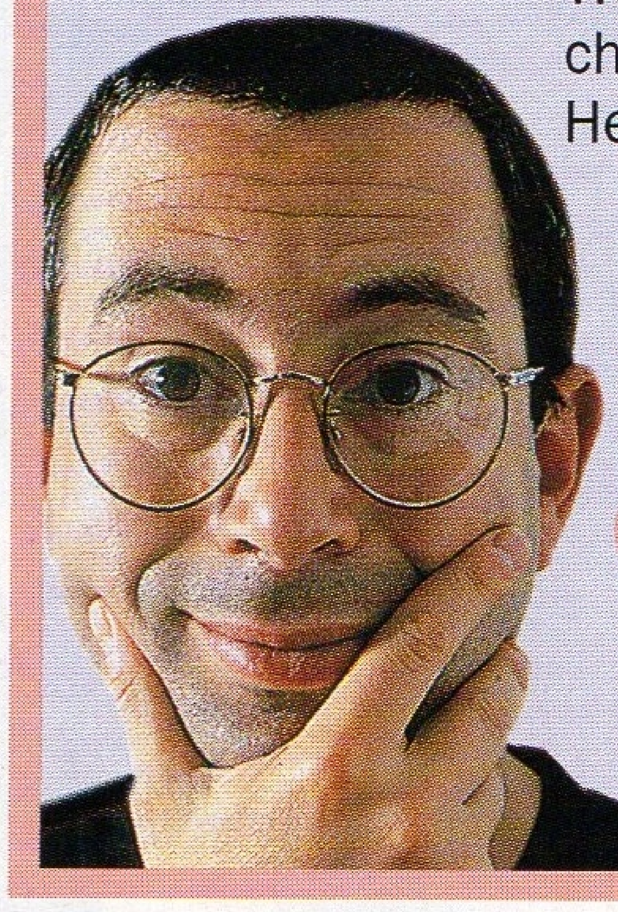
He's a real smoothie, but quite nice. We didn't actually meet him, but he waved to us!



Puff Daddy

Harry Enfield

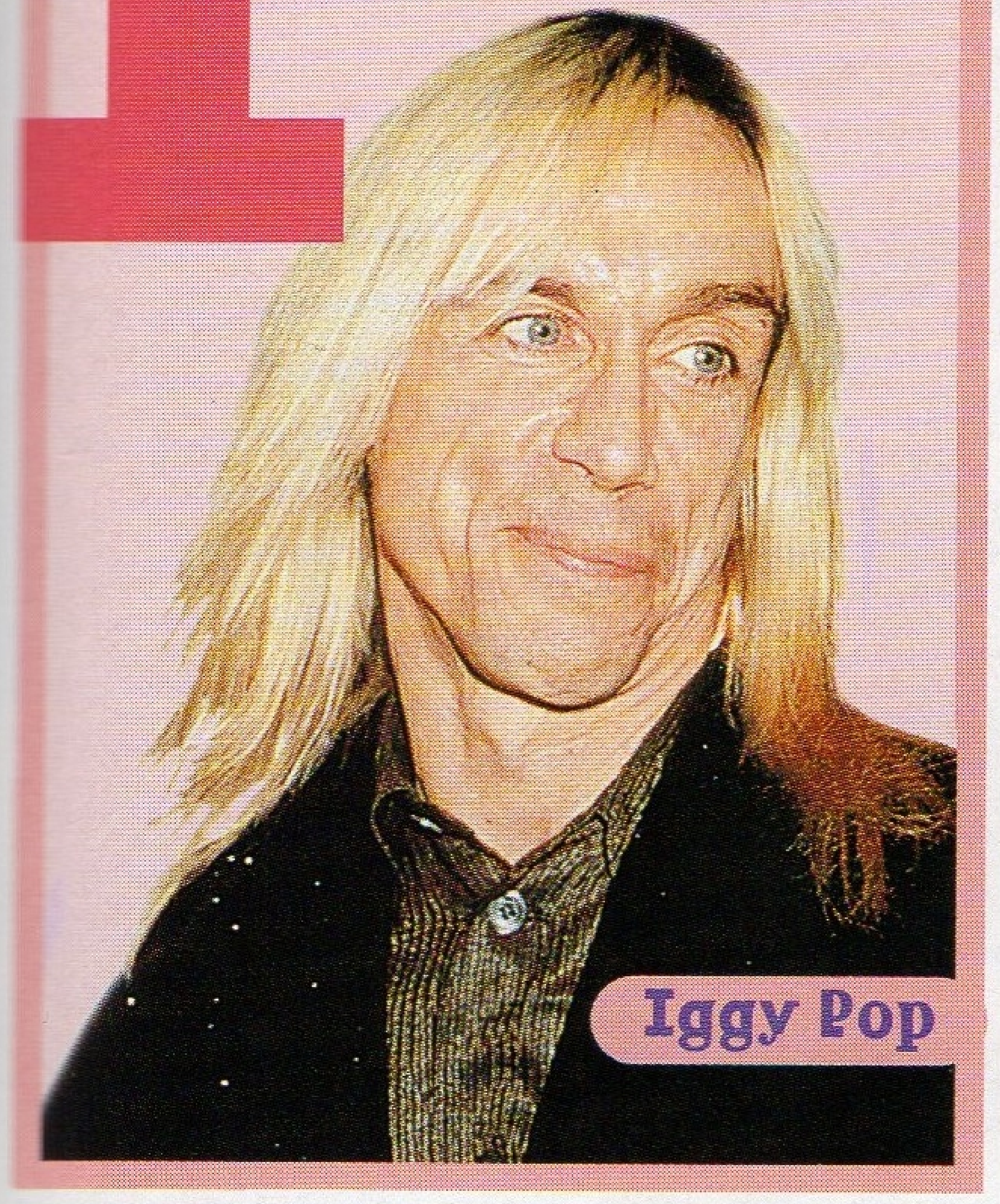
We love his TV characters! He's great.



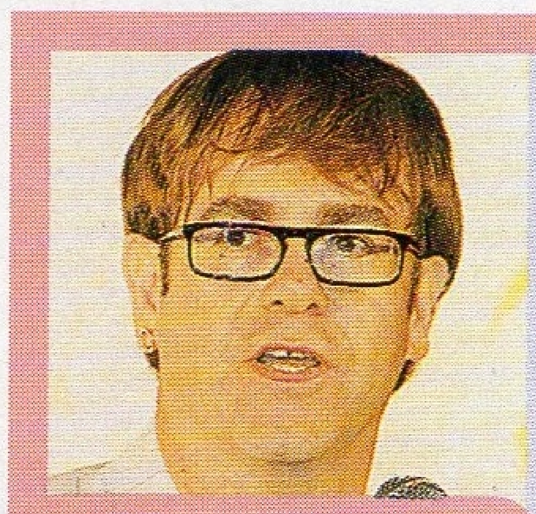
Ben Elton

He always makes us laugh!

We met him when he was performing at Planet Hollywood. He's a bit mad.



Iggy Pop



We love Elton. We've met him a few times and he's our mate.

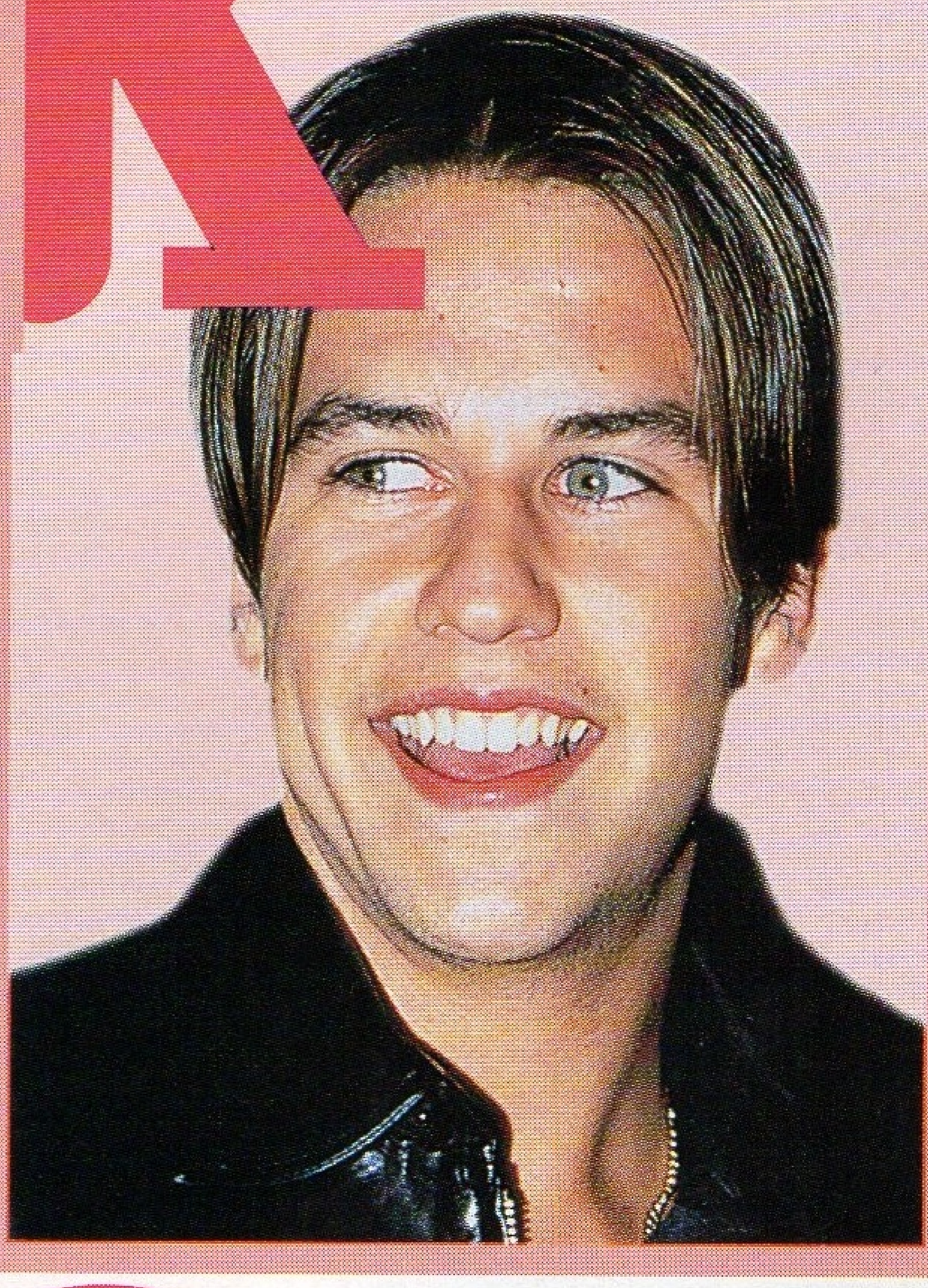
Elton John

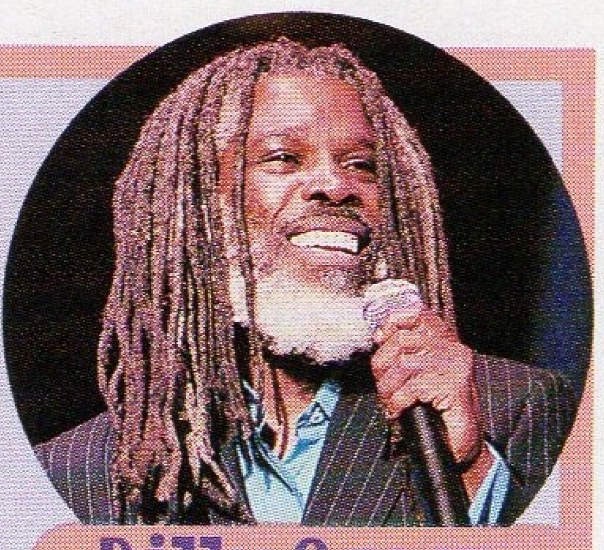
We first met him on the running machine in a gym and bumped into him in India. He's very handsome.

Jon Bon Jovi

Kavana

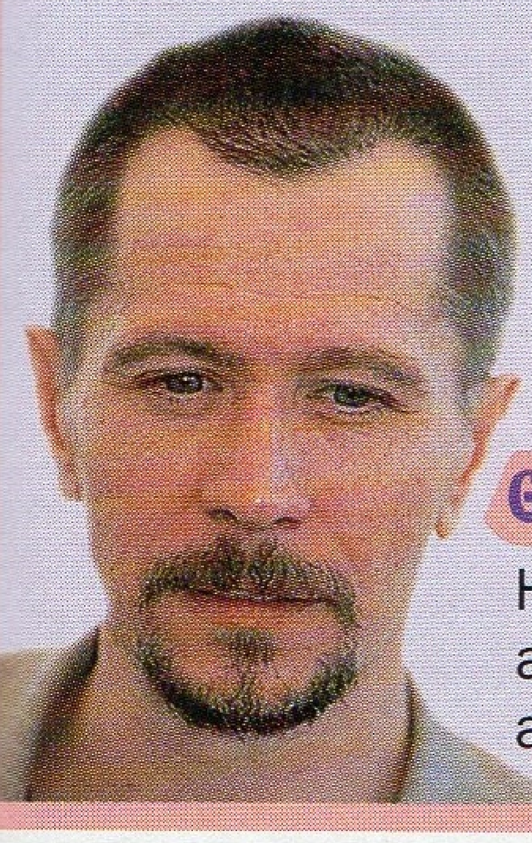
What a sweetie!





Billy Ocean

We've always loved his music, so it was great to meet him in South Africa.



Gary Oldman

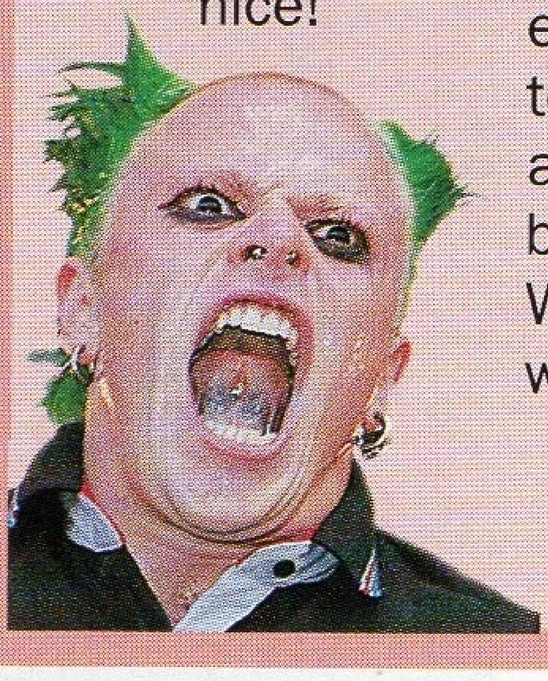
He's very cool and his kids are sweet!

Prince

A great artist, who's really nice to meet because he's quite shy. You expect him to be temperamental and hoity-toity, but he's not! We'd love to work with him!

Prodigy

Believe it or not, he's very nice!



Queen

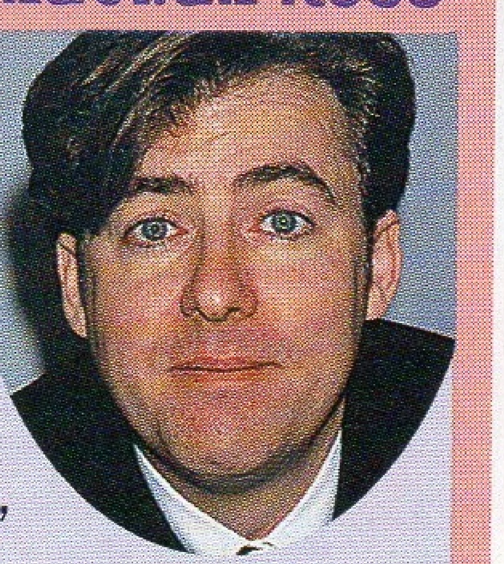
Not them!

Well, we shook hands with her!

The Queen

R

Jonathan Ross

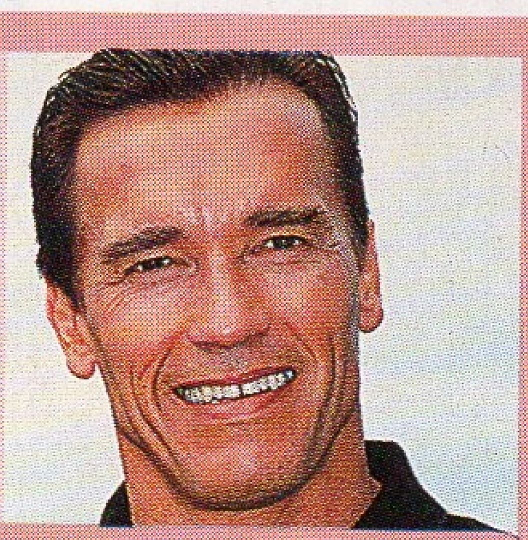


He's weally, weally nice!

She came to find us at the Brit Awards last year and we had a good chat. Emma sings one of her songs in our show – can you guess which one?

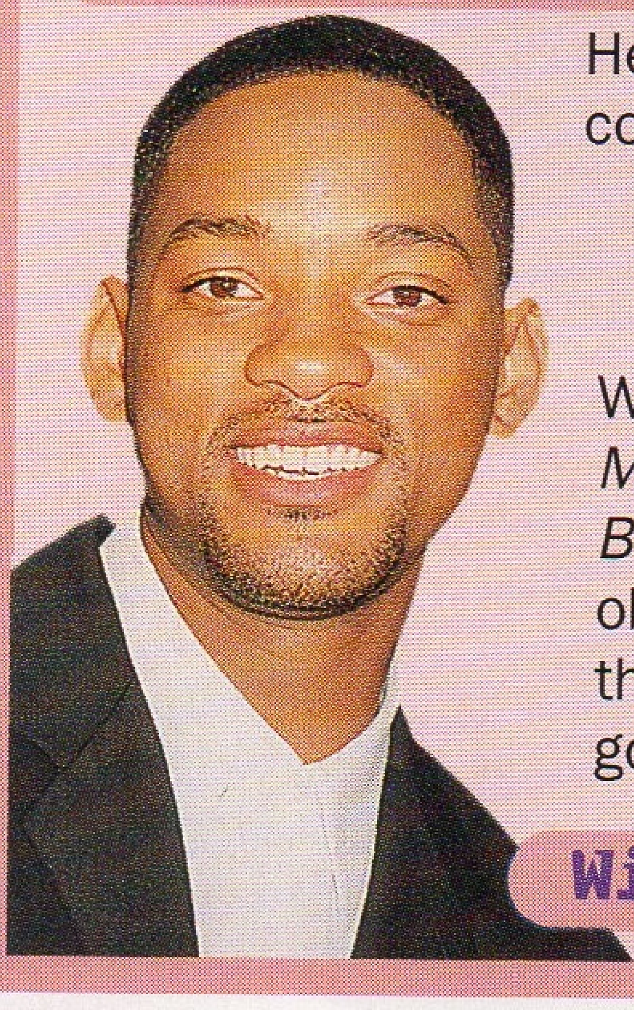
Diana Ross

S



Arnold Schwarzenegger

He's a bit cool, but nice!



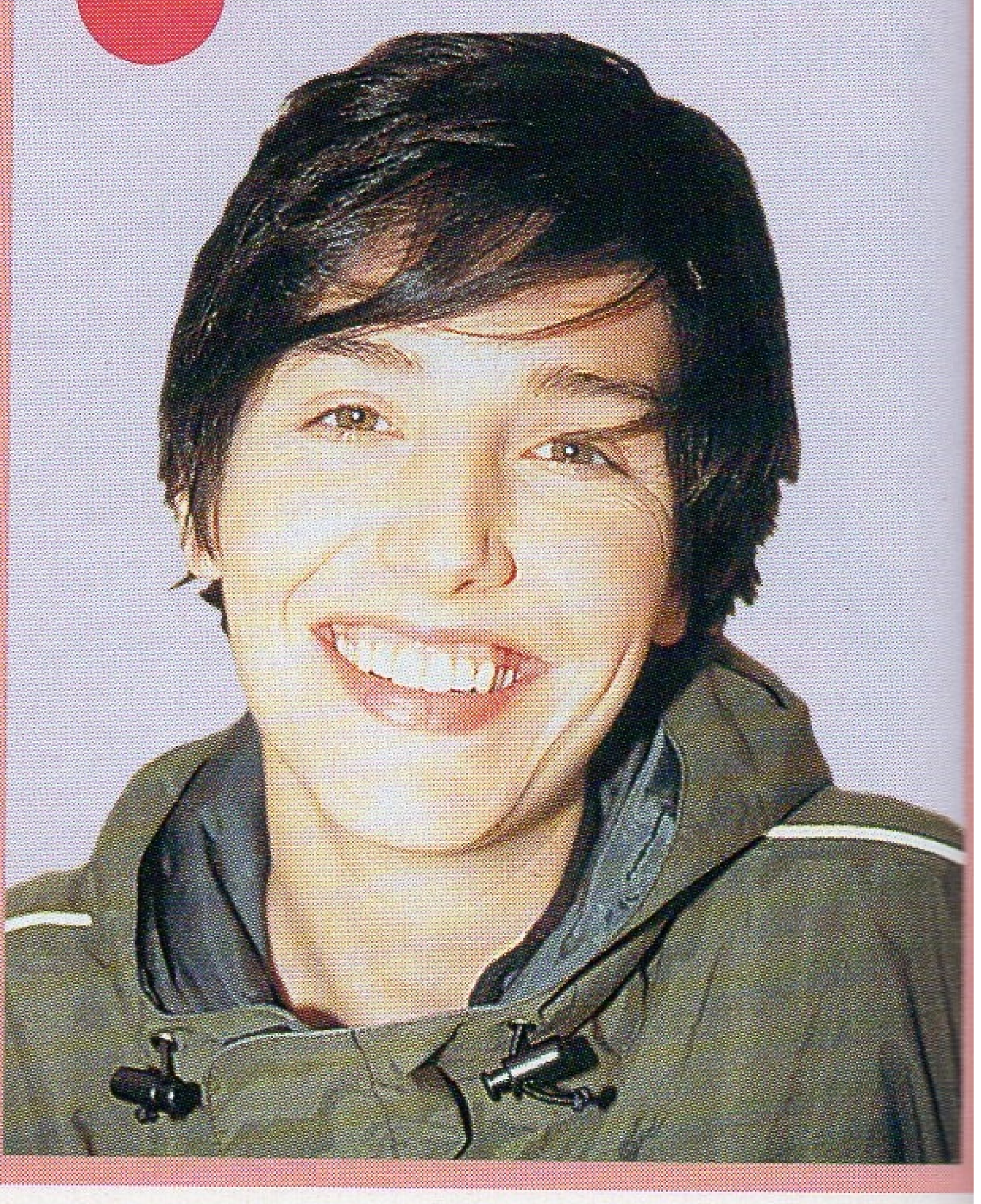
We all loved *Men In Black*, so obviously we think he's gorgeous.

Will Smith

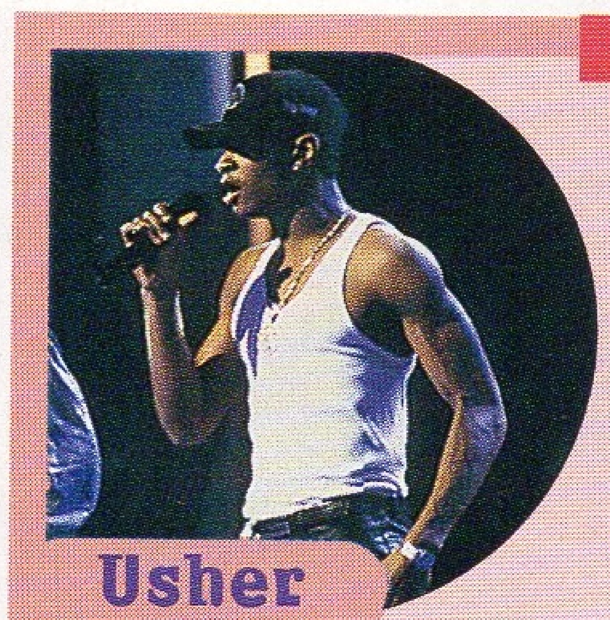
T

Texas

The lead singer is one of the nicest artists we've ever met. A really great person.



U



Usher

He's really young and very cute!

U2

They're not so young, but very cool!

V

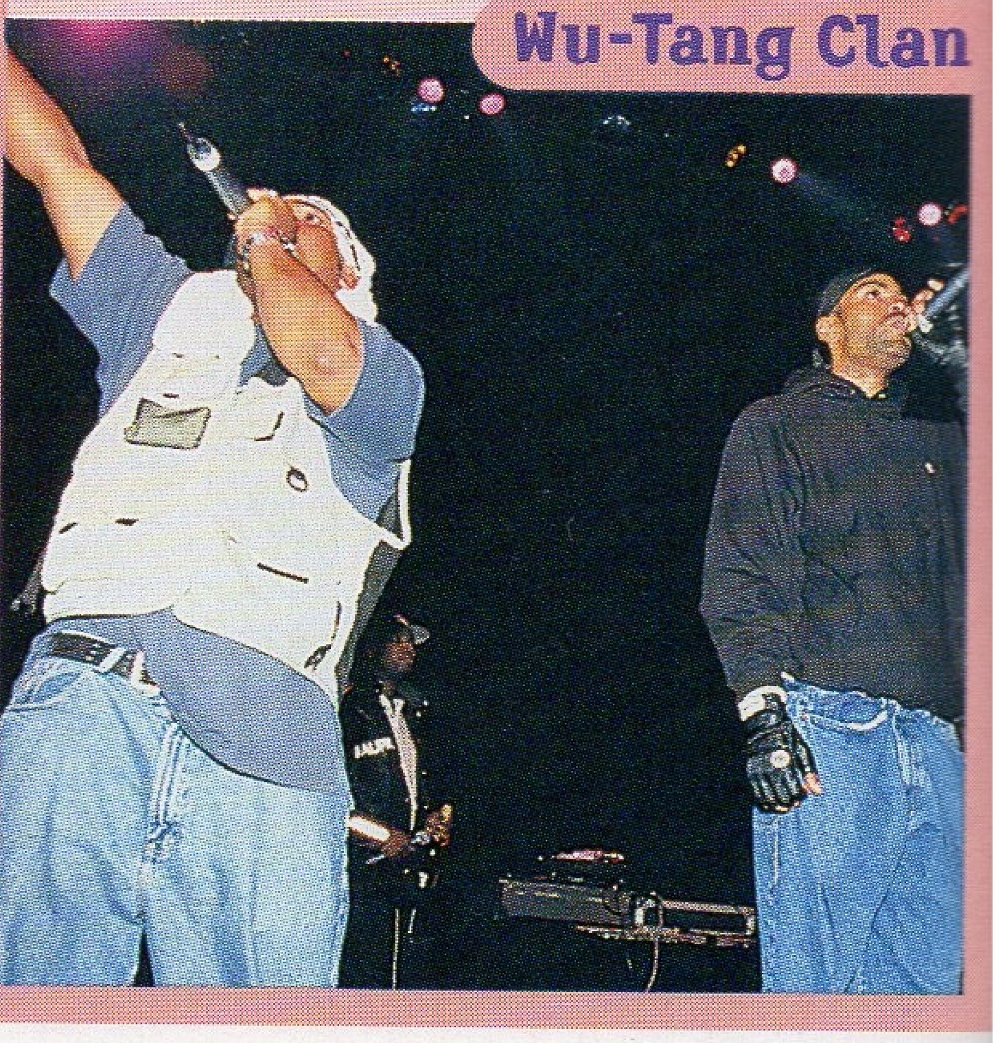
It was a real honour to sing with him on *An Audience With...* He's one of our heroes.

Luther Vandross

W

When we met ODB, one of the singers, he was wandering around backstage repeating: "Woo-ha, woo-ha!"

Wu-Tang Clan



X

It's a secret!

Y

Yasmin Le Bon

It's official: she's as gorgeous in real life as she is in magazines.

Z

Zig & Zag

We only had one thing to say to them: "Zigazig-ah!"

VIEWS OF THE GIRL

THE ONLY RAG THAT GET'S IT RIGHT

EXCLUSIVE!!!

QUEEN OF THE CASTLE

My amazing New Year in Ireland

Don't worry, I wasn't shooting real pigeons!

Meet the gang – my whole family and Tigger!

Originally, I was going to have my holiday in Mauritius. I'd been planning it for a few months and I'd booked it all, but suddenly I had a change of mind. My gut instinct told me that I didn't want to go so far away. I realised that I really wanted to be near the other girls at Christmas.

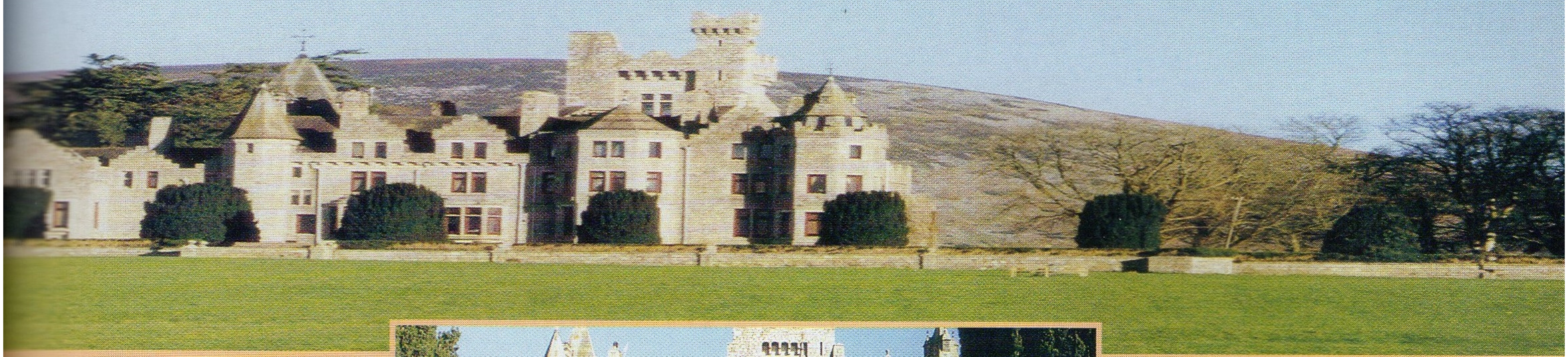
I've always fantasised about hiring a castle (because I secretly think I'm a princess who was snatched at birth). So I hired a big gothic castle in Ireland! It was fantastic, with huge grounds and loads of enormous rooms with high ceilings. It was a bit cold in the corridors, though!

My sister and I were the first to get there, a couple of days after Christmas, and the rest of my family arrived the next day. On the first night, Natalie and I sat at opposite ends of the extremely long dining table in the dining room for a joke, and it was very funny. It was amazing because we had a butler and a chef.

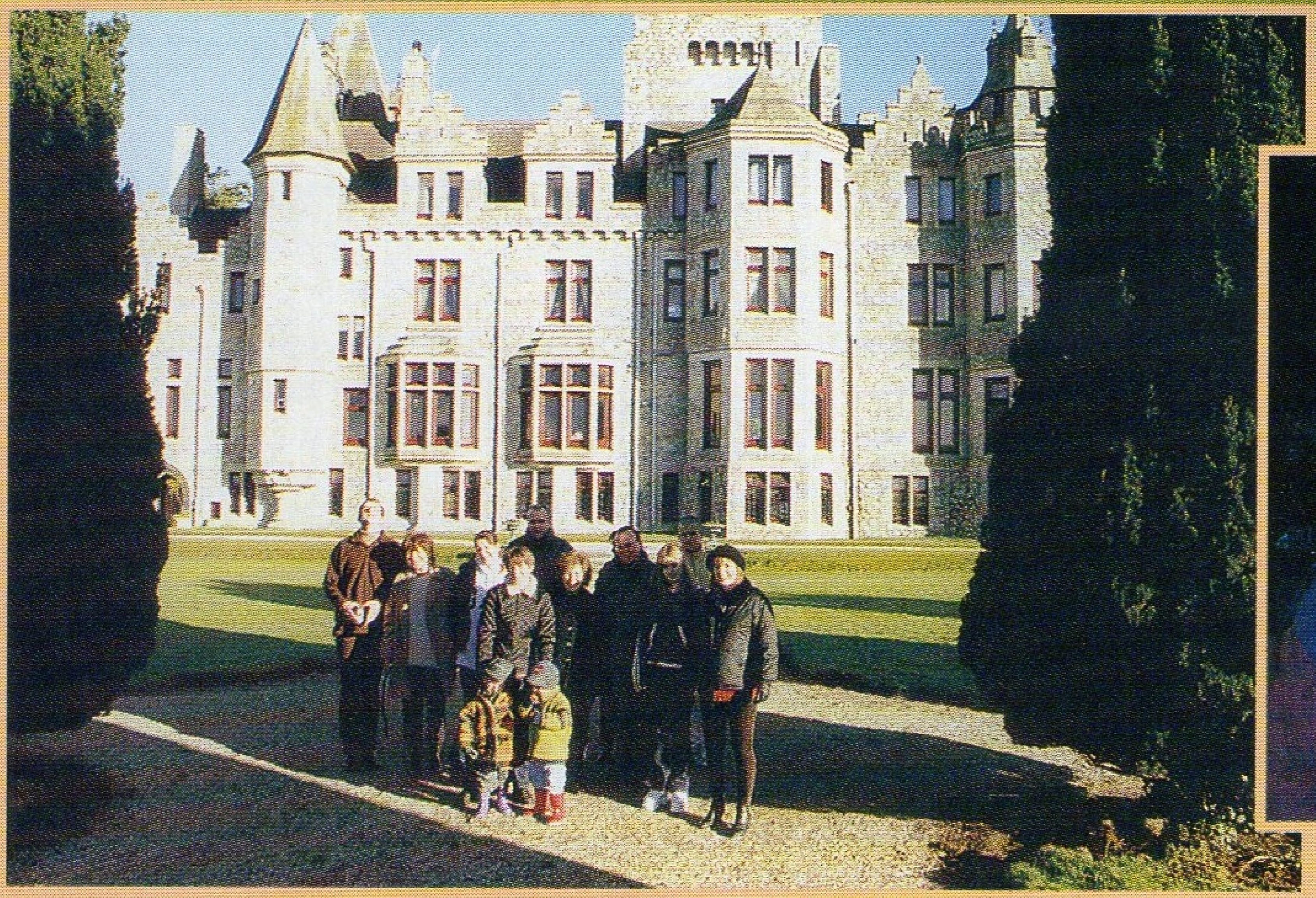
I spent a lot of my time in an armchair next to the log fire in the library, listening to **Cat Stevens**. It was really cosy in there and I always love being around books. There was a billiard room, too, where we all had quite a lot of fun. I had a personal trainer who took me out running every day, which was great, because I got quite fit.

The woman who owns the castle is called Renata and she's lovely. She was one of the first female polo players ever and she's got total

REDFERNS



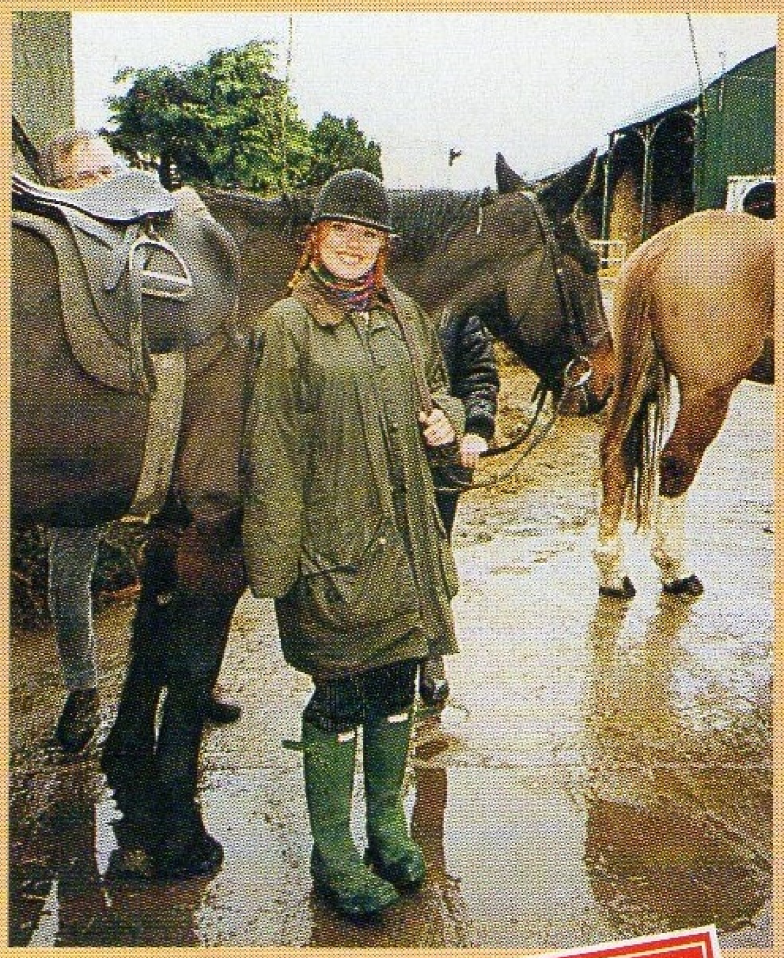
You mucky pup...
where's Mr Hanky?



Hurry up and take our picture... we're freezing!

Mmmm... rice!

Ho, Ho, Ho... what do you want for Christmas?



Girl Power. She owns some incredible horses and a couple of times she took me out riding through the woods, which was amazing. She also took me clay-pigeon shooting. After I'd hit one, though, I decided to quit while I was ahead, because the gun really kicks back at you when you fire it, and it hurts!

On New Year's Eve I hired a DJ who played Abba and Wham! all night at my instruction. Emma and Mel C and their families came, too, and we danced the night away. My nephew Al had a new Tigger outfit and was running around in it all night. He steals the show every time! Later on, the other guests of the castle came and joined us – I even had a snog in the library!

I stayed at the castle for a week and it was fantastic. I didn't go out of the grounds – I didn't need to! My family all had a good time, too. I'd definitely go back.

EXCLUSIVE!

Baby Spice tells all to... VIEWS OF THE GIRL

I had a great time, but what about the others? I asked Emma how it was for her...

"I brought a little girl I sometimes babysit called Karen with me, and her family came, too. As we were driving up to the castle, she said: 'It's Sleeping Beauty's house!!!' I thought, only Geri could rent a massive castle like that!

"It was definitely the best New Year's Eve ever. It was a proper family time. I had my aunt, uncles, my cousin, my nan, my mum and my friend Dawn with me. And Lee from 911 came out because he's a good friend of ours. Mel C came with her brother, cousin and two friends, too.

"I spent some of my time in a room with a big log fire, where people were sitting and chilling. But most of the time I was dancing in the disco room. The DJ was quite old and only had Wham! and Spice Girls! About 1am he said: 'OK, here's the last song,' and we yelled: 'What?' We made him go on till about 4am! At one point my Nan and Geri's mum were doing the Can-Can in the middle of the floor! It was brilliant."

REMEMBER, YOU READ IT HERE FIRST!

Can you see my tonsils?

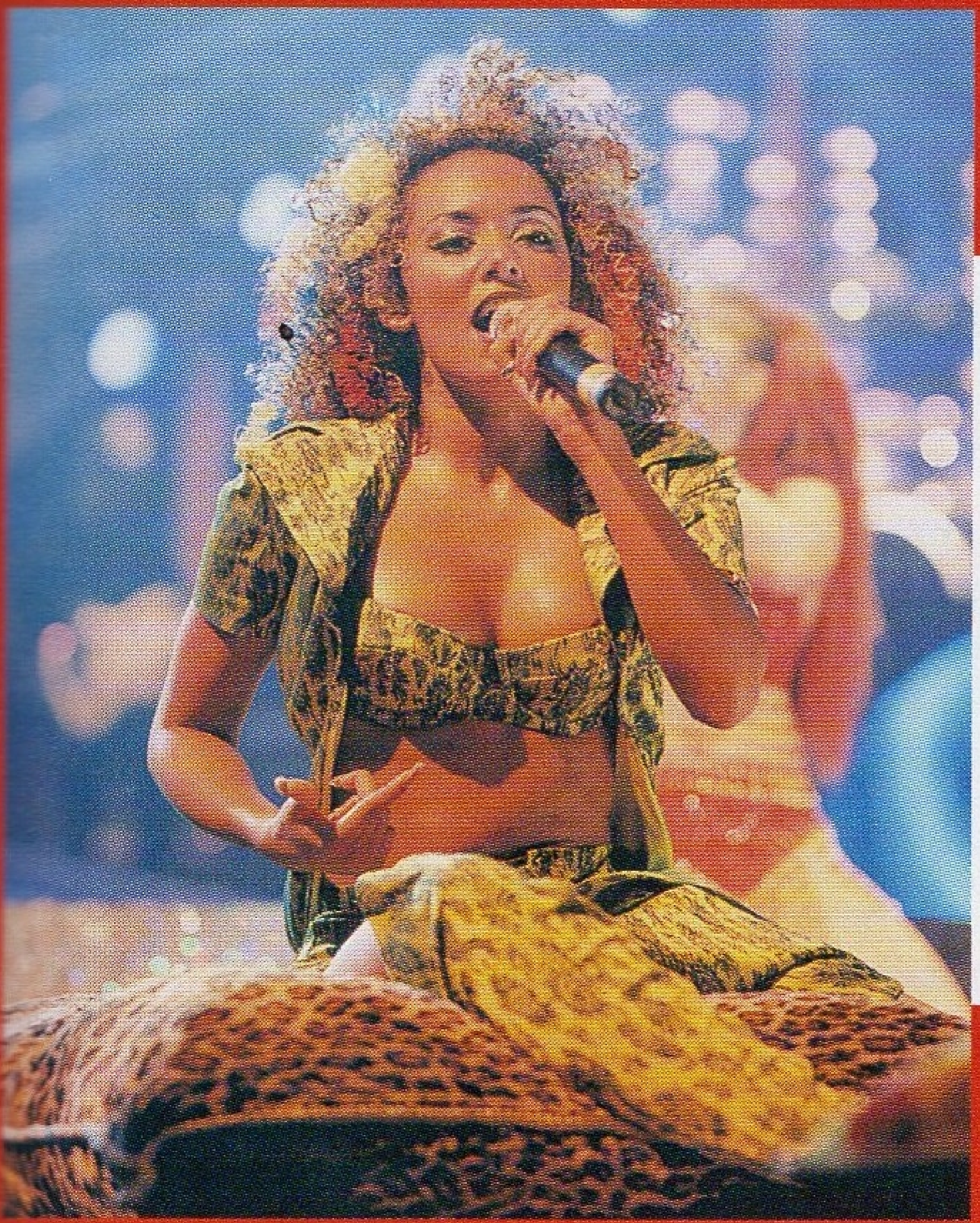
The Spice Girls' guide to performing

We love getting up on stage! In PART ONE of our performance manual, three of us share some of our showbiz secrets

THE MIC

MEL B I'm not very good with the mic. Sometimes I'll sing with my head too far away from it, or I'll bash my teeth. You have to remember to hold it somewhere near your mouth and never let it go! I was about to sing: "Colours of the world, Spice up your life!" on an Italian TV programme and suddenly my mic flew out of my hand and across the stage. So I didn't sing my bit – I just ran and got it. You're supposed to carry on, but I didn't! Not very professional!

MEL C I always whack myself in the teeth with the mic! It really hurts. Once Geri hit herself on the lip and it started bleeding. You've got to make sure that you don't shout, even though it's sometimes hard to hear yourself when the band's playing. You can sing quietly and still be heard – you've just got to know how to use your mic properly. Keep it close to your mouth and sing right into it.



GERI I tend to eat my mic and end up with lipstick smeared all over it and my face!

THE AUDIENCE

MEL B Sometimes you can feel a bit embarassed in front of an audience. It helps if you make eye contact with somebody and sing to them. It keeps your mind occupied and can be quite hysterical, because they don't know what to do while you're looking at them. When you know the song back to front, it's quite amusing to see which interesting characters you can pick out and sing to.

MEL C It's really nice to get a reaction from the crowd, but I'm just up there enjoying it for myself! That way, other people enjoy you as you enjoy yourself singing. I'm usually in my own little world.

GERI I love crowd participation and the way that the audience responds. I'd love to be a compere, really. It's a great feeling communicating with a crowd of people and I'm always talking on stage. I could quite happily sit cross-legged in front of 1000's of people and have a good old chat! When I'm singing, I sometimes pick one person out and focus on them. I always try to think of the people at the back or right at the top because I know what it's like to sit a long way from the stage!

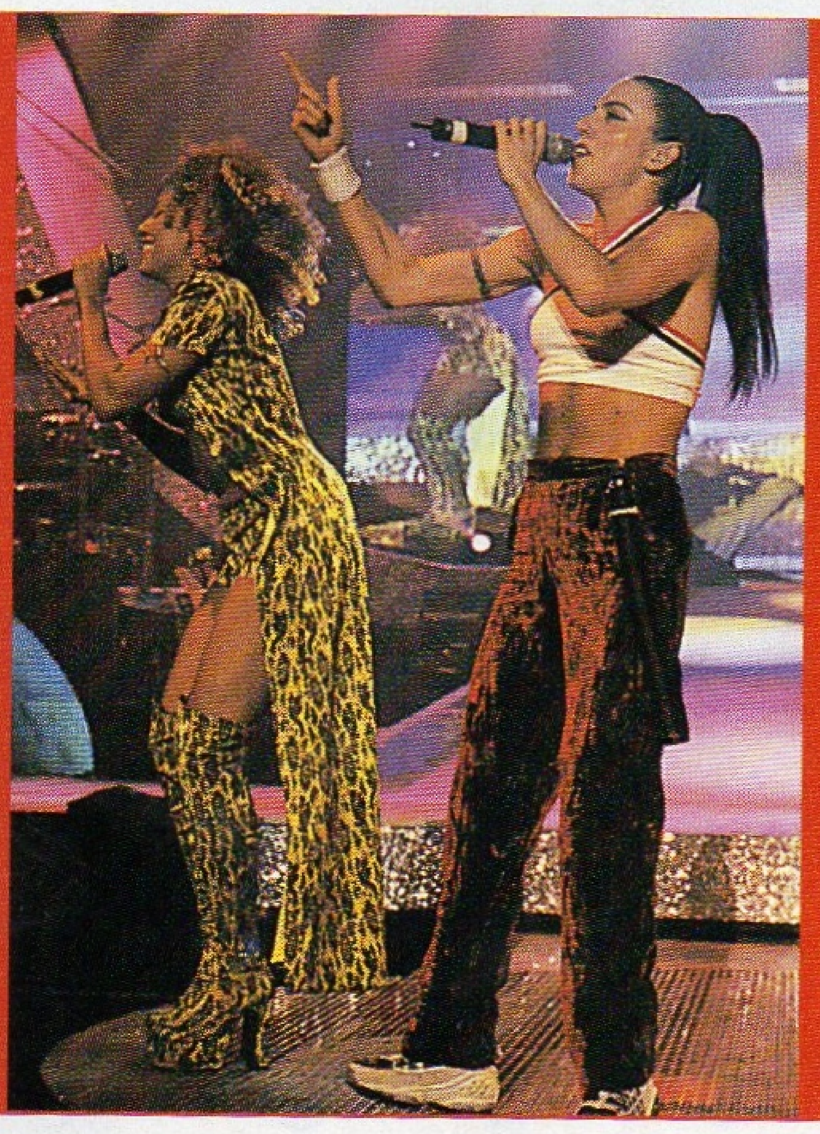
"When you're dancing and jumping around, you've got to remember not to move the mic or your voice will disappear and you'll look silly!" MEL C

THE AUDIENCE

MEL B I don't actually like playing to the cameras. Whenever we do *TOTP*, I can't look at the camera – I find it difficult because you don't get any feedback. I'd rather look at a person. In videos, though, you have to look straight at the lens and I just get on with it.

MEL C I enjoy playing to the cameras, but I don't like to plan it or know where they're going to be. It's nice to catch the camera occasionally and give it a little smile, because although there might be loads of people in the audience, there are thousands of people at home looking through that little lens and you want to give them something as well.

GERI I'm the worst for playing to the camera! Whenever there's a camera around I always start to behave a bit stupidly and I often stick my tongue out or blow a kiss. The camera is your instant mediator to the world and I just can't help looking down it, smiling and saying: "Hiya!" It's reaching out to so many people and it feels very personal. When I look down a lens, I always imagine I'm looking at a couple of people and try and give them something – an emotion, or some affection. Sometimes I think I'd like to hug the whole world.



"Sometimes I think I'd like to hug the whole world" Geri

"There are thousands of people at home and you want to give them something" Mel C

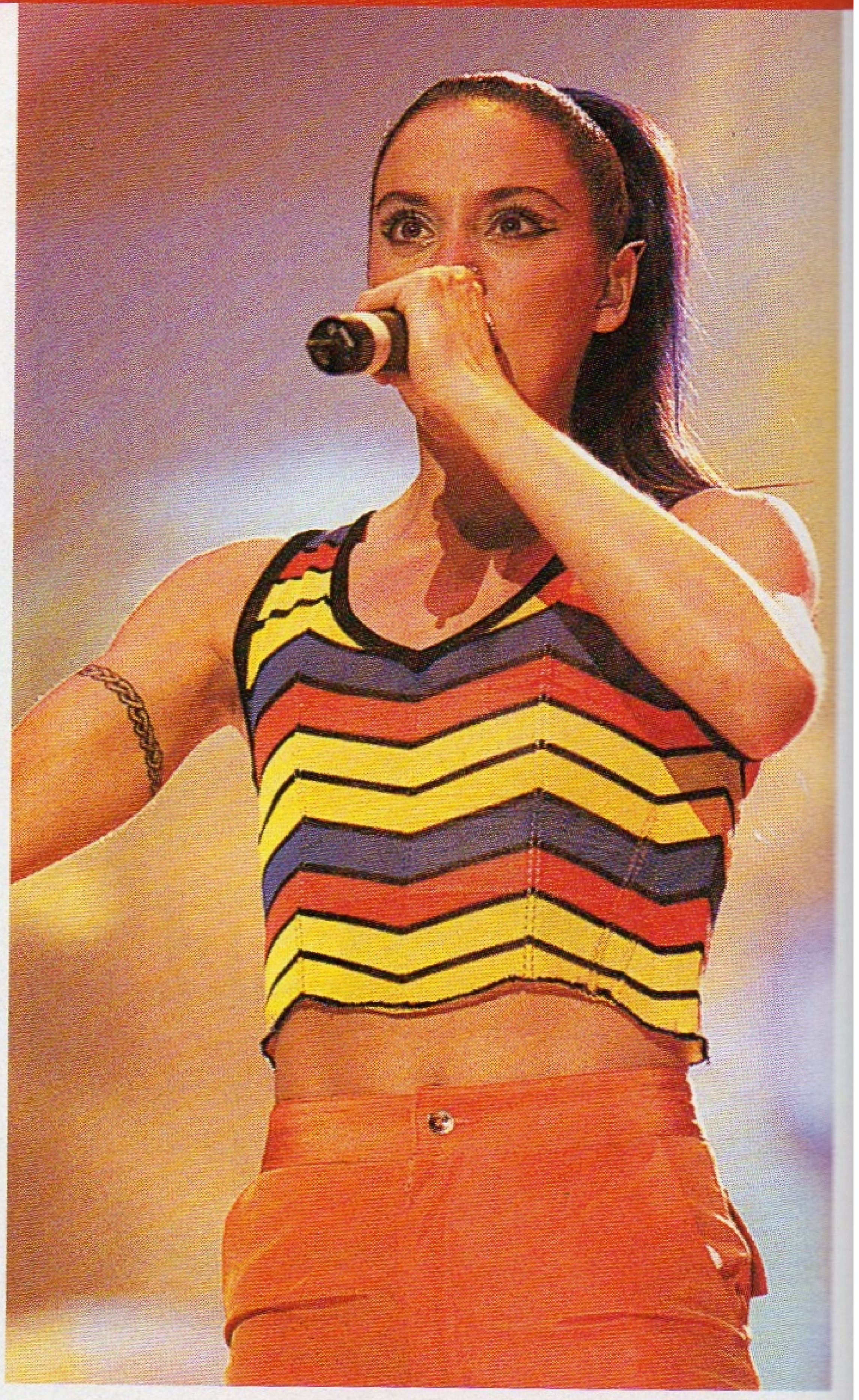
"I can't look at the camera... you don't get any feedback" Mel B

DANCE STEPS

MEL B Sometimes I forget what I'm doing, but then I just improvise. You should really be able to do your routines with your eyes shut, so there's one less thing to worry about. Then you can make it look smooth and put your own stuff on top. Practice makes perfect! If you go wrong, don't stand there and say: "Oh sh**!" like Geri does!

MEL C I'm a trained dancer, so I'm used to having to remember dance steps. Still, it's quite hard for me to learn them in the first place – I'm always a bit slow at that. Often I'm really nervous when I get on stage, but then everything just seems to go like clockwork.

GERI Remembering my dance steps is the hardest thing I do. Mel B and Mel C are trained dancers, so it's natural that they should want to show off their dancing ability, but I sometimes feel bad that my ability's not as strong as theirs. I try my best just to get to their most basic level, which is quite frustrating, but that's life! To me, dancing is more about feeling than technique. I don't take myself too seriously – everyone calls me Miss Panto. "Let me entertain you!" – that's my motto. If I get my steps wrong, I just carry on. Victoria gave me the best advice before our concert in Istanbul. She said: "Don't worry if you go wrong, because at the end of the day everyone's come to see you, not the way you shake it to the left!" All you can do is your best!



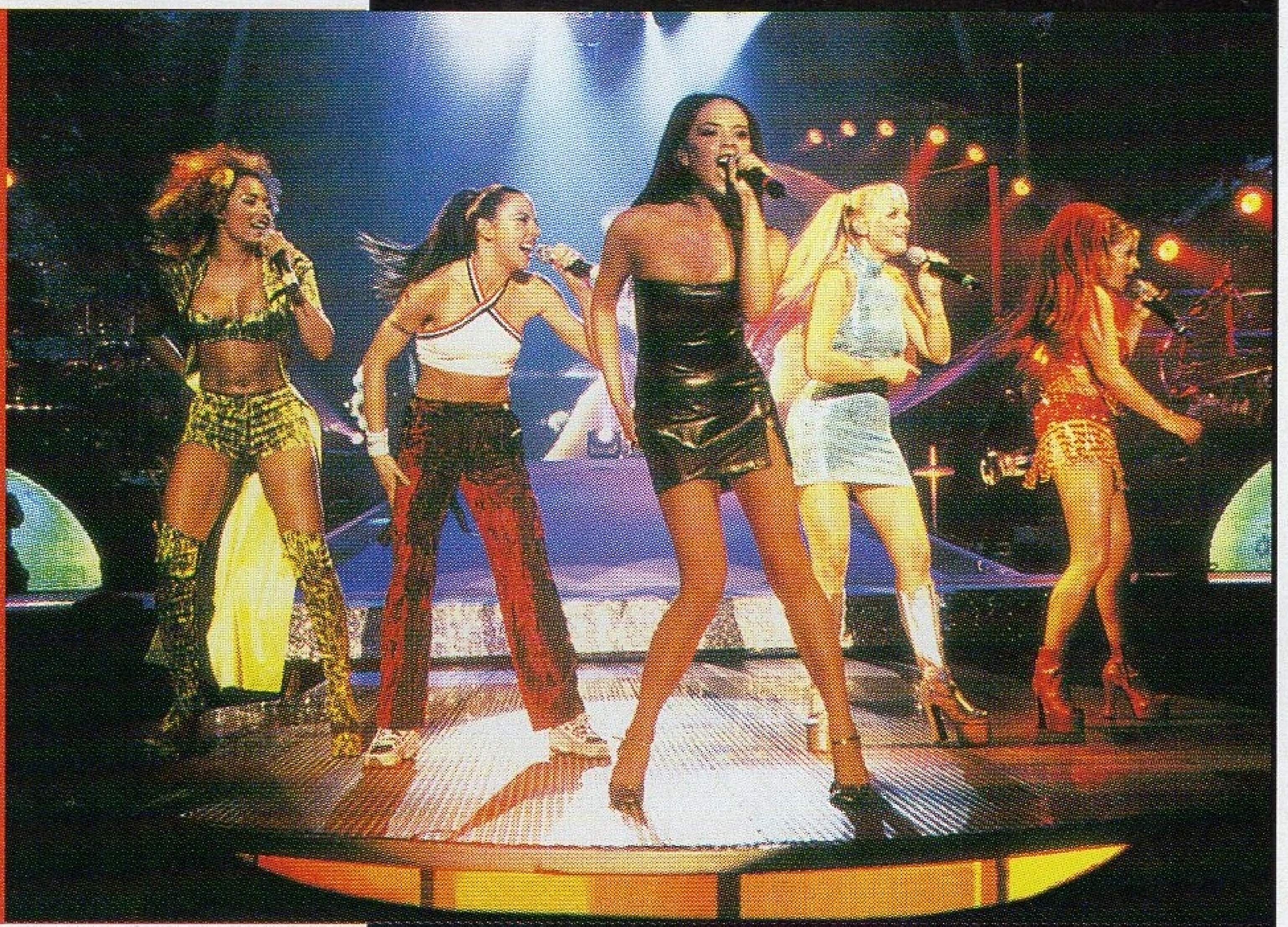
LYRICS

MEL B Sometimes I forget the words to the songs, but it always clicks back in. I spend a lot of time listening to my Walkman and singing along to make sure I know the songs inside out and once, I even wrote the lyrics on my hand.

MEL C It's easy to remember the lyrics because we've written them all! Mel B may not agree, but then she's always singing the wrong words along to the songs on the radio, too.

Geri It's easy to remember lyrics if you wrote them yourself. It's a piece of you, so you don't forget it, although the Spanish rap I do is a bit of a mouthful.

"It's easy to remember the lyrics because we've written them all" Mel C



PREPARATION

MEL B I don't really prepare. I just get ready and have a laugh. I like to be around people so we can gee each other up and get excited.

Mel C We do a singing warm-up, then drink honey mixed with ginger, lemon and glycerine for our throats. Some people are really chatty when they're nervous, but I go quiet and need time to focus. Just before we go on, the five of us get together to centre ourselves and get on the same vibe. Then we go on!

GERI You have to put to bed all your anxieties and reservations about it all and just go out and have a good time.

"You just have to go out and have a good time" Geri

ON STAGE

MEL B I sweat a lot, but it doesn't bother me. Actually, I prefer to sweat because then I know I've tried my hardest and done a good job. I love to make the others laugh while we're performing, especially when we're doing TV shows. As long as the camera isn't on you, you can do what you want. I think it's nice to have lingo between each other and I always pull faces at the others! It relaxes you because you think, well, actually, I'm doing this because I really enjoy it.

MEL C I sweat a lot, but not as much as Victoria. She's a real sweater! Apparently, if you sweat a lot it means you're very healthy. I don't mess about on stage because I'm too serious, man! We always look at each other and have a laugh, but I don't go too far. We all fart on stage – you've got to get them out. You can't be thinking about trying to hold them in when you're performing.

GERI Performing is a combination of expressing yourself and showing off. It takes you to another level and you cannot buy that buzz! The great thing about being part of Spice Girls is that it's not just about you – you've got four people up there with you. I sweat like a nutter! I always end up with my hair stuck to my head and lipstick all over my face.

I would say Mel B and I are the naughtiest on stage. we're always shouting and joking to each other. We try and trip each other up and get away with little things just before we come to sing our lines. Mel B is always trying to distract you, but if you do it wrong she's probably the first to tell you off! I definitely have to get her back sometime, because I've had the most jokes played on me. In fact, I owe all of them, big time! I'm saving my revenge for the end of the tour – so they'd better watch out!

NEXT TIME Emma and Victoria let you in on their secrets.

VICTORIA

MEL B

MEL C

EMMA

GERI
POWER
Super
GIRL
GERI

Spiceworld Tour FIRST

The SPACESHIP lands, the band begins to pl and moments later, a set of MASSIVE steel d at the back of the stage slide open to reveal f famous SILLHOUETTES.

THE SPICE GIRLS STEP FORWAR

Tuesday 24 February. The Point, Dublin 7pm

"I'm so excited!" shouts Emma, jumping around the dressing room with a huge grin on her face. "Eeeeeeek!" Geri's hurriedly going through her dance moves in the corner. With eyes closed, Mel C concentrates on her warm-up scales. Mel B's having a loud conversation with the hair-dresser and Victoria's on the phone while she gets her lips made up. There's a buzz in the air and buckets of flowers everywhere.

Someone knocks on the door. "Sixty minutes until you go on, everybody" says the tour manager's assistant. So that's 3,600 seconds left before the Spiceworld Tour kicks off. "Did you hear that, Victoria? An hour to go!" giggles Geri. Are they scared? Do they want to run away like most (sane) people would? "No way!" says Mel B. "I just want to get up there and do it right now! I'm sick of waiting."

8pm

"Guess what, everybody? They're READY!!" yells the female MC into the darkness. Within seconds the shouts, screams, chants, whoops, stamps and claps of 8,000 Irish fans become a deafening wall of sound. The countdown has begun. Two giant video monitors flash and the screens are filled with an enormous starship spinning through space. Snatches of Spice songs drift across the airwaves. They're on their way!

The spaceship lands, the band begins to play and moments later, a set of massive steel doors at the back of the stage slide open to

reveal five famous sillhouettes. The Spice Girls step forward to sing their first number. Which track.? Ha – surprise!

It's an action-packed. show, with satin, glitter, velvet, cotton and lycra costume changes, all your favourite songs plus some you'd never expect, Geri on rollerblades, stunning dance routines, a rousing duet by the Mels and a very special Baby solo. Victoria wins the prize for staying upright (and dancing!) in the most unstable shoes ever invented (and Geri comes second for even managing to walk in a pair of truly gigantic white platforms).

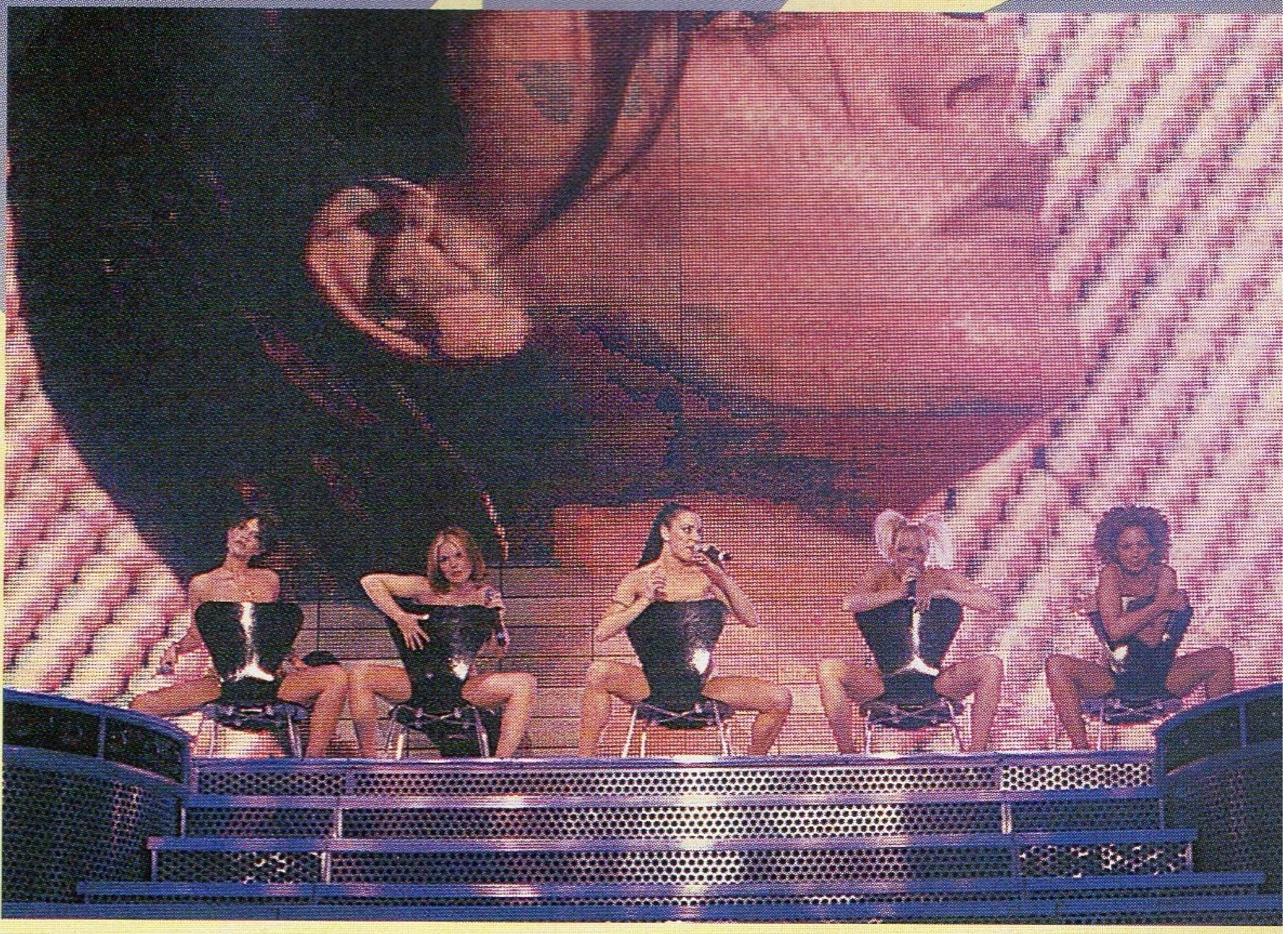
'Stop!' gets things really kicking, then the whole venue goes wild during 'Spice Up Your Life' and stays that way. Everyone – literally everyone sings along to 'Wannabe' and 'Too Much' and there's quite a bit of sniffling during 'Mama'. 'Naked''s got a saucy twist and so have the incredible dancing "Spice Boys!" They're yummy!

What's really great about the show is that you never know what's going to happen next – which, as anyone who's ever met them will tell you, is exactly what being around the Spice Girls is all about! So now you know. It's an amazingly SPICY show! Don't miss it!

NIGHT

10.30pm
HOW WAS IT?

Geri "It went really well. I'm so excited – it feels like pure exhiliration. I made one tiny mistake and that was it. Everyone's saying that they were frightened I was going to fall off my skates, but I wouldn't have minded if I did. That's part of my character! I would have laughed it off and said: "Ooops!" I could see my little nephew Al watching the show. He had his mouth wide open. It was brilliant."



Emma "I don't know what to say! It was fantastic and I had a really good time, but it was a bit overwhelming and I feel a bit quiet and numb now. I just want to go and sit down with my family.

"We did the show yesterday in rehearsal, but the whole vibe changes when there's an audience! I was nervous about singing on my own, because I'm used to having four girls to support me. There are a few things I'd change, but overall it was amazing!"

Mel C "It was the best night ever! I enjoyed it so much that I stopped concentrating during certain bits and I had a complete blank in the middle of 'Spice Up Your Life'. It's funny because I know that song like the back of my hand, but suddenly I couldn't remember the words! I soon got back into it, though."

Victoria "It was absolutely wicked and only one fingernail fell off. At least my wig stayed on and the knickers didn't show!

"It feels so normal to be on stage that when I look out into the audience and see thousands of people screaming, it sometimes makes me think, 'What are you lot doing here?'"

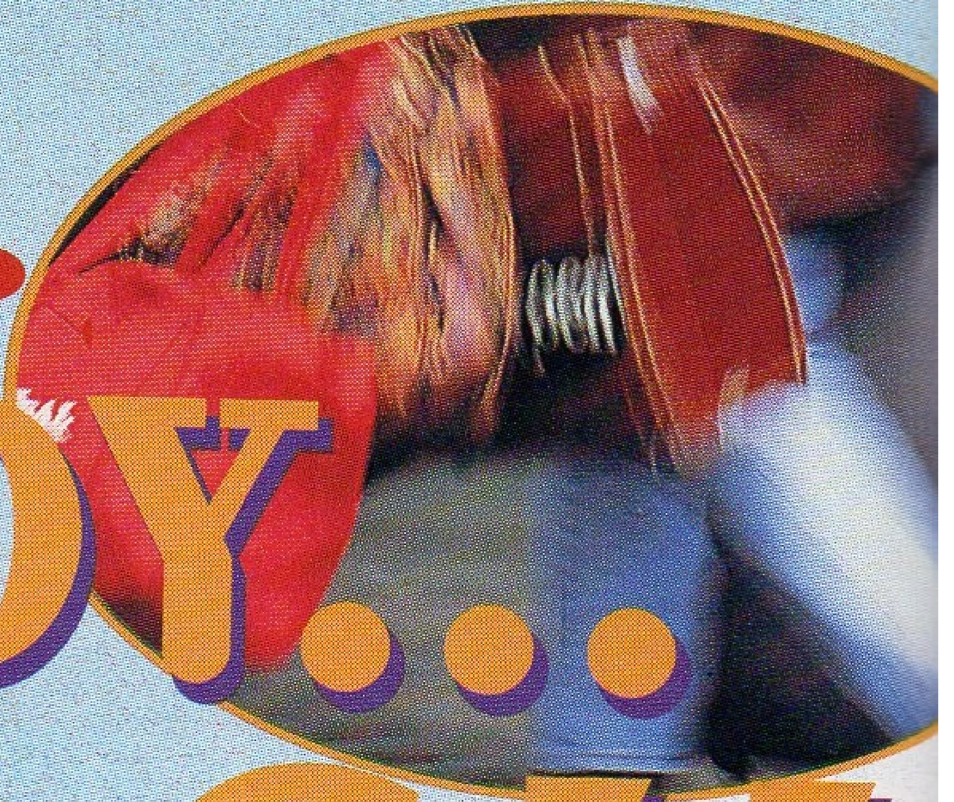
Mel B "It was absolutely amazing! I felt so comfortable up there. It was like being on my sofa at home. The stage is my area! It really was such a buzz and I absolutely loved it.

"It's a good job the dance routines are imprinted in my head because most of the time I felt like I was just doing my own thing. I didn't even know if I was doing the right steps or not, but luckily I find that I just do them naturally.

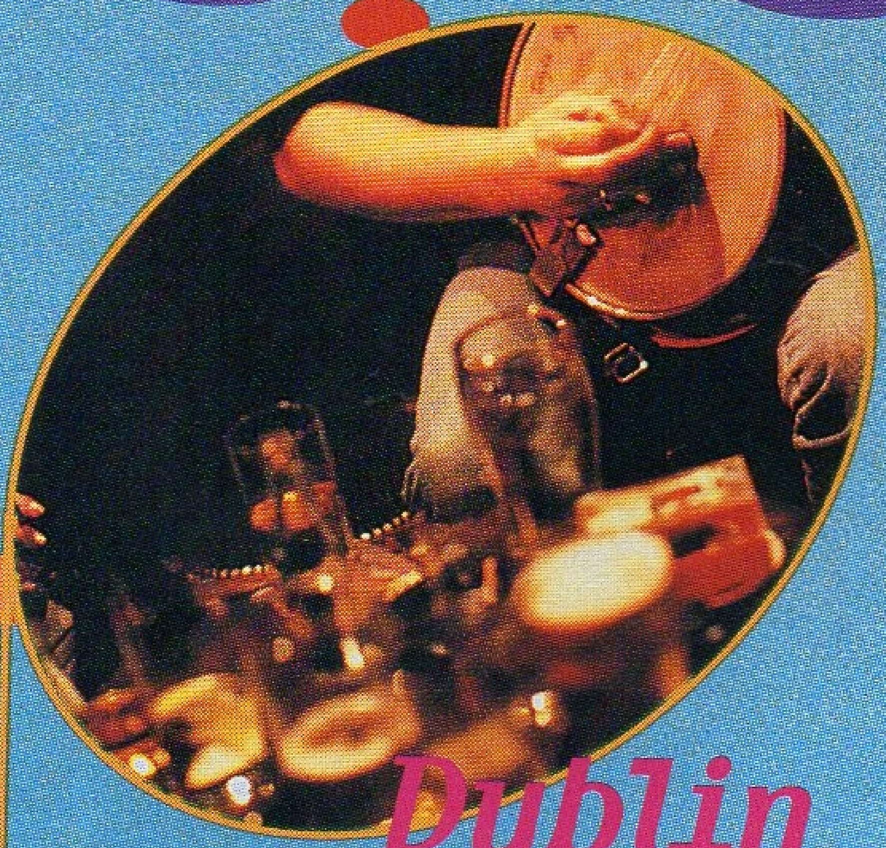
"It was more of an energy rush than Istanbul and the steps flowed better.

"It was a performance that said: 'Here we are, this is what we're doing and we're going to enjoy it!'"

READY... STEADY... GO GIRLS!!



We've got 21 European cities and at least 3,600 veggie sausages to get through on the European leg of our tour! Here's the lowdown on the places we'll be visiting.



Dublin

24th, 25th February

FAMOUS FOR: A woman for President and Prime Minister, U2, rain, Ronan from Boyzone, Guinness, singing in pubs, lepricauns.

CHECK OUT: The friendly vibe, U2's night club The Kitchen, the buskers in Grafton Street.

Frankfurt

3rd March

FAMOUS FOR: Sausages (even though Frankfurters aren't actually from Frankfurt – in fact, if you were to ask for one, you might get one of the locals instead!)

CHECK OUT: The tallest building in Europe, The Commerzbank Tower (259 metres). Pretend you're in the Tropics in the Palmengarten, a 90-acre botanical garden.

Zurich

2nd March

FAMOUS FOR: Swiss bank accounts, scrummy chocolate, cheesy fondues, The Alps, being an ultra-clean city, having four official languages.

CHECK OUT: The Bahnhofstrasse – swanky shopping street bursting with designer labels, kicking techno clubs and gorgeous snow boarders.

Bologne

3rd March

FAMOUS FOR: Spaghetti Bolognese, brilliant food and the oldest university in Europe (built in 1088!) Students! About one in every ten people arestudents.

CHECK OUT: The nightlife! Because Bologna has so many students, the City is geared around young people and having fun. There are simply hundreds of cafes, bars and clubs with a really buzzing vibe. You will not fail to find a gorgeous guy here!

Milan

8th March

FAMOUS FOR: Fashion (it's the world's capital) and food.

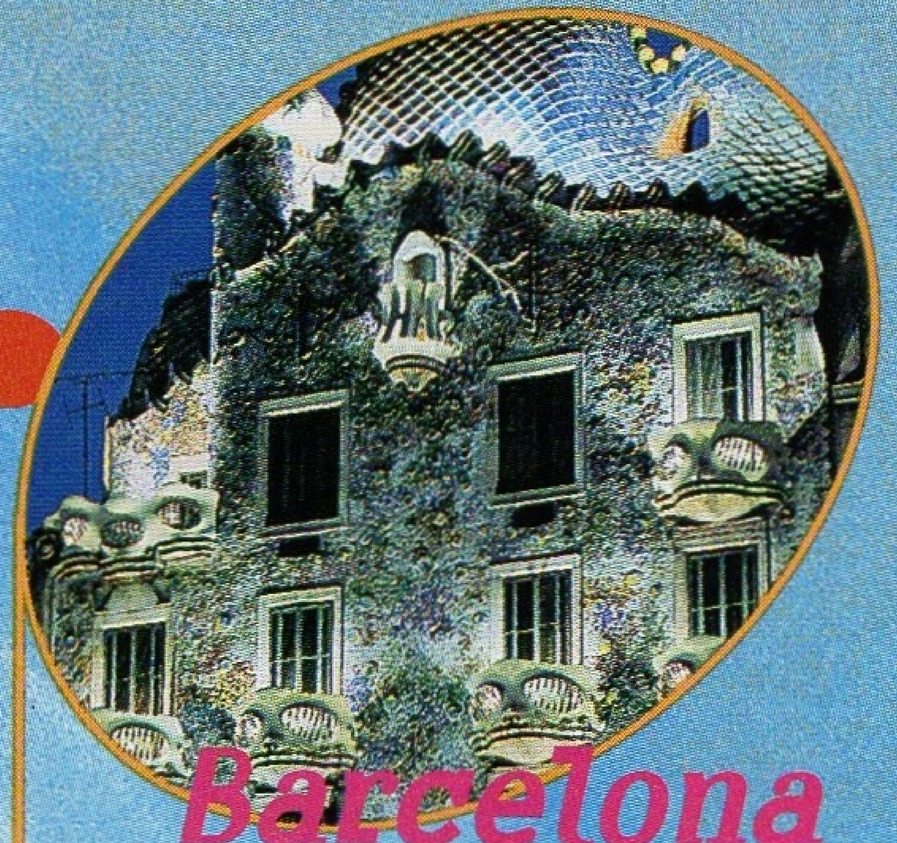
CHECK OUT: The clothes everyone's wearing! Milanese people love to pose and it's traditional to go for a styiish stroll in the early evening to show off your latest purchase from Gucci, Versace or Moschino. Leonardo da Vinci's painting of The Last Supper in the Vinciano Refectory.

Rome

6th March

FAMOUS FOR: Being the home of the Pope, togas, orgies, Roma Football team. The Coliseum where they used to throw Christians to the lions. The Trevi Fountain where you can make a wish.

CHECKOUT: Mad beach discos with wacky theme nights, the "Gilda" bar where celebrities hang out and all the ancient Roman ruins. Remember: When in Rome...

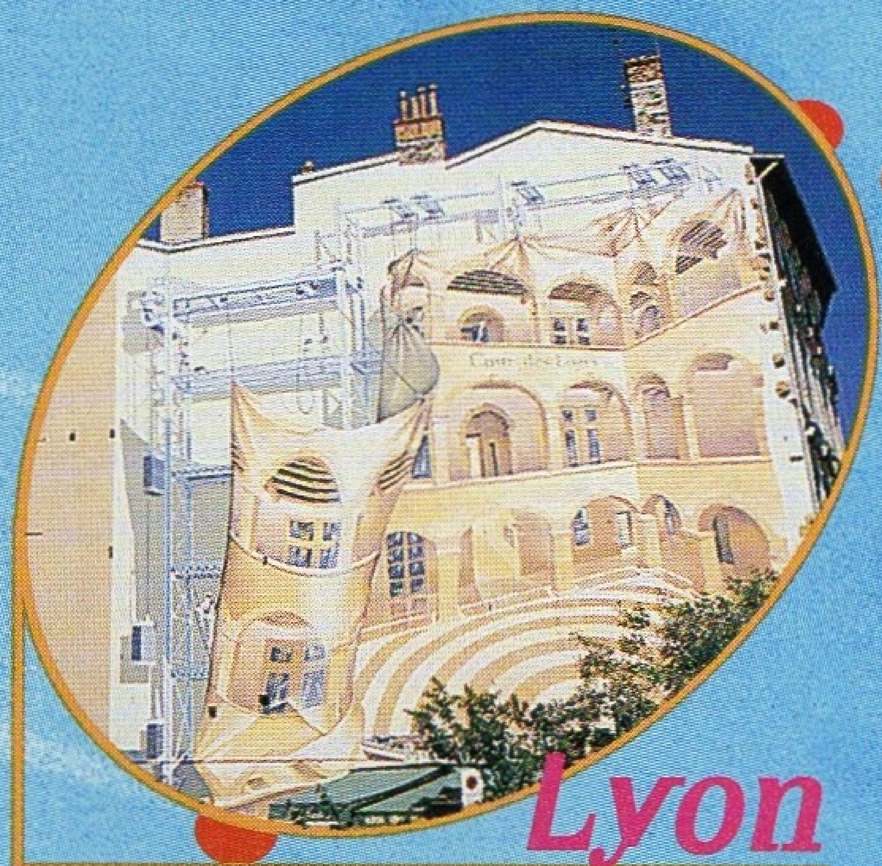


Barcelona

14th March

FAMOUS FOR: A thumping rave scene, crazy, modern art, wild, colourful parks and outrageous architecture.

CHECK OUT: El Quatre Gats, a very cool arty cafe where Picasso used to hang out as a teenager. Maremagnum on the sea front – loads of shops and a huge cinema. The funfair at the top of Mount Juic.

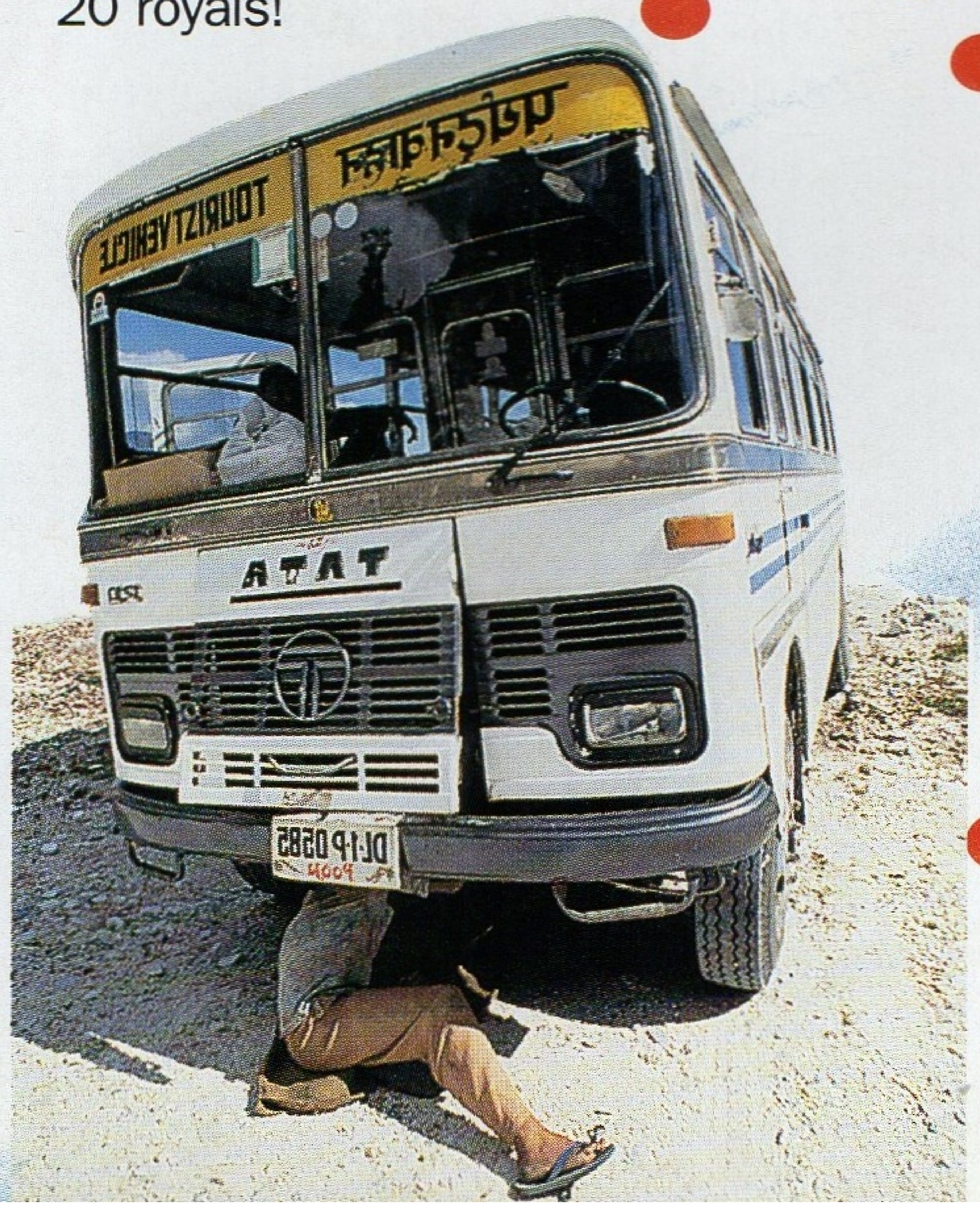


Lyon

19th March

FAMOUS FOR: The yummiest food in France (It's the capital of French cuisine) and archaeology (it was the Roman capital of Spain)

CHECK OUT: The smell of snails in garlic wafting around every street corner. The ancient cathedral, where you can lose yourself in the romance of its mythical wall-paintings and get spooky over the graves of more than 20 royals!



Madrid

17th March

FAMOUS FOR: Bullfighting, flamenco, tapas bars, unusual foodie delicacies like bull's goolies.

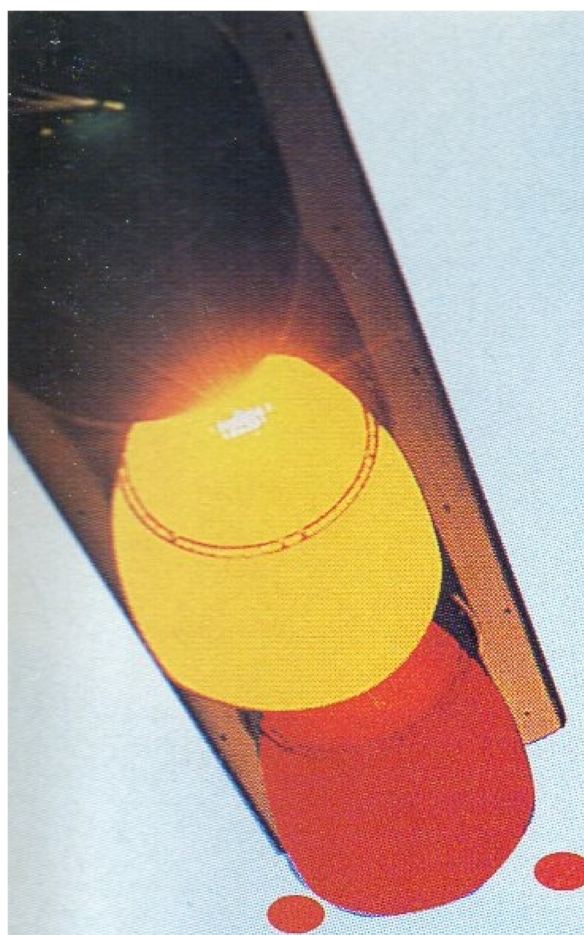
CHECK OUT: The cool cafes. Top tip: You'd be considered rude if you didn't throw your serviettes, toothpicks and the like on the floor after you've used them. What a great excuse to forget your manners! The Prado Palace and gardens – the best place to check out the local totty.

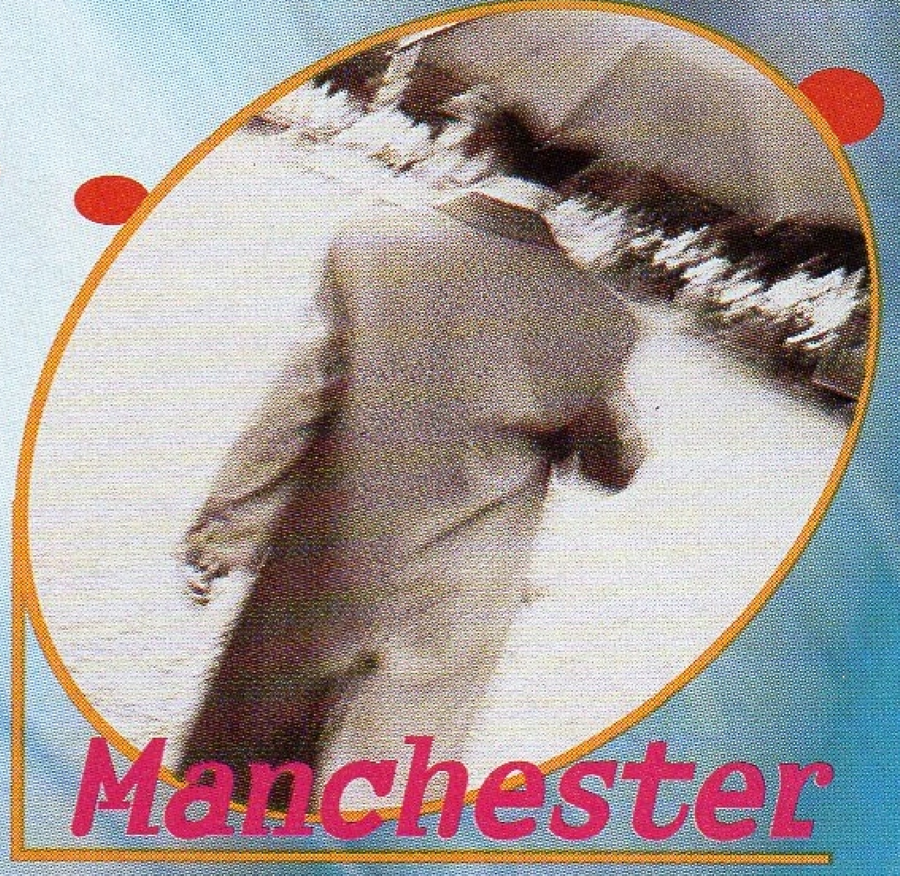
Paris

22nd, 23rd March

FAMOUS FOR: Romantic weekends, struggling artists, Di and Dodi, The Hunchback of Notre Dame, berets, cafe terraces, Daft Punk, the Eiffel Tower.

CHECK OUT: The Mona Lisa at the Louvre Gallery – it's the worlds most famous painting, but is it worth all the fuss? Les Halles shopping centre – *c'est tres chic!*





Manchester

11th, 12th April

Famous for: A mad-for-it music scene, an (almost) unbeatable football team, rain, the world's first computer, David Beckham and Oasis.

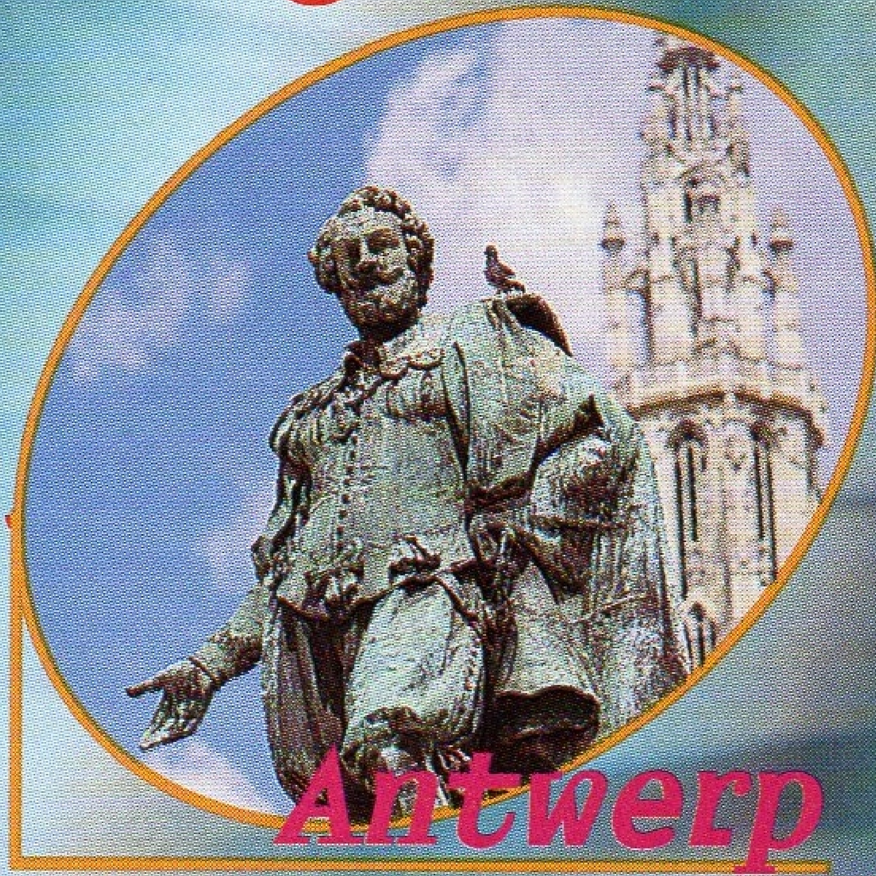
Check out: Afflecks Palace, for some great second-hand bargains. The hip and trendy restaurant Mash & Air. The designer stores in King Street. Granada studios tour and Coronation St.

Glasgow

4th, 5th April

Famous for: Wilds nights, tartan, Billy Connolly, haggis, bagpipes and Celtic v Rangers football derbies.

Check out: The Burrell Collection, a museum full of mad bits and pieces collected by one man on his travels round the world.



Antwerp

31st March

Famous for: Diamonds, diamonds, diamonds! (Oh, and lace and beer, too.) Rhymes with slurp and burp, but the food's delicious, really!

Check out: The exotic beasties at Antwerp Zoo. More magical medieval castles than a fairytale come true. The diamond factories

Munich

26th March

Famous for: Beer festivals, especially the Oktoberfest when people just go mad for it! Also, chips and mayonnaise and green politics.

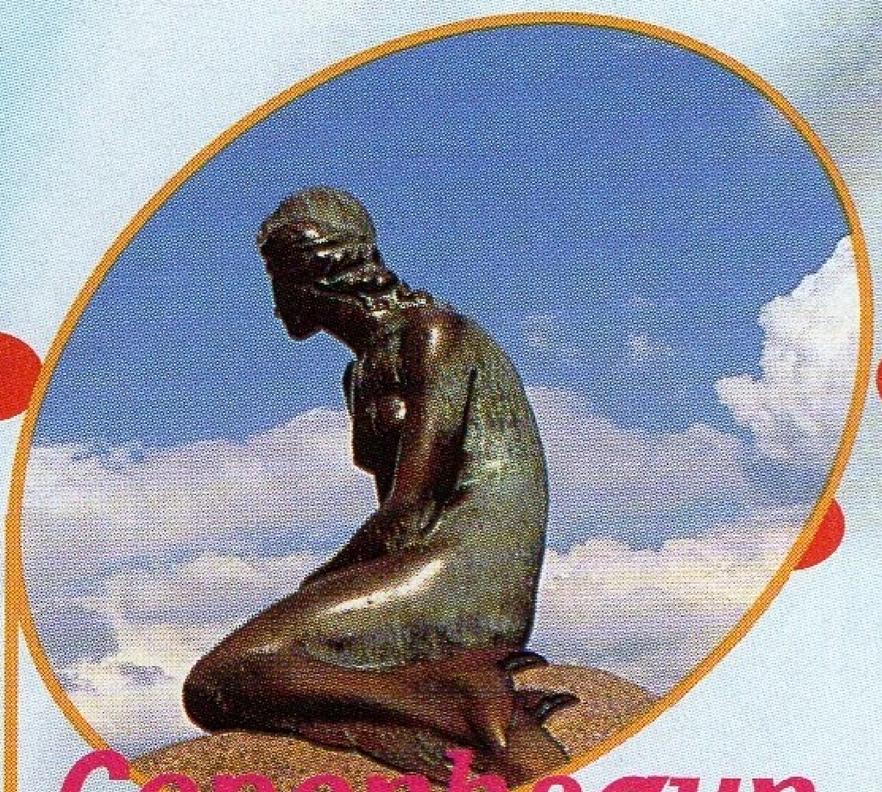
Check out: The Englischer Garten (literally English Garden) one of the largest parks in Europe, where people sunbathe in the nude. Oooer! Say no more!

London

14, 15, 25, 26th April

Famous for: The Swinging Sixties, Cool Britannia, Big Ben, Punk, Pie and Mash, Madame Tussauds, Cockney Rhyming Slang, Buckingham Palace.

Check out: Portobello and Camden markets for cool cheap clothes. The night life. Whatever you like, from jazz, rock and pop to dance and trance, there's a club for you!



Copenhagun

22nd, 23rd MAY

FAMOUS FOR: Danish pastries (they don't get tastier than the ones in the bakeries here), Hans Christian Andersen and the song that goes: "Wonderful, wonderful, Copenhagen!"
CHECK OUT: The statue of the Little Mermaid, whose head has been kidnapped, recaptured and glued on again twice in recent years! The jumpin' jazz joints of Christianshavn.

Stockholm

9th, 20th MAY

FAMOUS FOR: ABBA, pickled herrings, men who do the ironing, IKEA, natural blondes, au pairs and Swedes who speak English better than most English people.
CHECK OUT: The Skansen, the world's first open-air museum, which contains a zoo, an aquarium and a major exhibition about tobacco. Talk about a weird combination!

Helsinki

25th, 26th MAY

FAMOUS FOR: Rain and wind (it's the rainiest and windiest place in Finland!), the annual World Air Guitar Championships. Er, that's it. Joke!
CHECK OUT: Its groovy, small-town atmosphere and friendly night club scene. The Rock Church, so-called because it's built out of an enormous hollowed-out rock.

Vienna

15th, 16th MAY

FAMOUS FOR: Choirboys (oo-er), orchestras, waltzes, *The Sound of Music*, Viennese whorls and ice cream. The world famous Spanish Riding School.
CHECK OUT: The terracotta mens' 'bits and pieces' at the Sigmund Freud Museum! Klimt's 'The Kiss' at the Austrian Gallery (one of the most romantic paintings you'll ever see).

Birmingham

28, 29th April, 5, 6th May

FAMOUS FOR: Balti curries – yum! spaghetti junction – not so yummy, it's a load of motorways!
CHECK OUT: Cadbury World – dedicated to the history of chocolate. And you'll uncover deep secrets at the The National Sealife Centre.

Oslo

25th, 26th MAY

Famous for: Glaciers, fjords, the midnight sun, Viking history, smelly (but healthy) tap water, expensive beer. Interestingly, Oslo is an anagram of 'Loos'.
Check out: The grizzly Akershus Castle, where naughty nobles were imprisoned and tortured in Medieval times. Eeek! The giant ski jump at Holmenkollen.

UK photo exclusive

Ooh-la-la!!!

We went a bit mad during this photo session for Elle magazine in Paris!

“As soon as I go on, it’s ‘bang!’ and everything’s fine!”

ADRENALIN RISING

Here’s how I spent the hours leading up to the first night of the Spiceworld tour

Everyday before we have a show, I always try to get an early night. That was difficult on the last few nights before the first show in Dublin. We had so much to do that sometimes we didn't finish until after midnight, and then I'd get up and start training in the gym at eight the next morning!

So I was shattered by the day of the first show. I'd rned my alarm off because I wanted to sleep in as late as I could, t I was so nervous that I woke up at 6.30! I thought, 'well, I don't ant to go to the gym just yet, because I'll get warmed-up and ready r the show too early'. So I had a lazy orning. I had a long bath, shaved my gs (for 'Naked') and then had a ally nice breakfast.

Later on, I tottered over to the gym. ut I was far too psyched and excited spend very long on the running achine. I just wanted the time to ass quickly! I ran for about twenty inutes and did some stomach uscle exercises and some stretching – but not too much, because I didn't ant to tire myself out. I had a sunbed, hich was quite relaxing, followed by a assage – just to get all the knots orked out. Then I had a hot shower to et all the massage oil off!

At about 2pm it was time to go down to the venue. We always have something to eat as soon s we get there, to give us enough me before we go on stage. I had ts of nice vegetable purées, which re easy to digest, and some brown ce for energy, followed by pepper-int tea.

We started getting ready at about pm. That's because it takes a long me to do five people's hair and ake-up. It's frustrating, because ere's so much you want to do, like o over your dance steps or practice a ouple of songs, but instead you've ot to sit in a stupid chair and look at ourself in the mirror for half an hour hile someone's sticking a ponytail n your head! I always get impatient nd say: "Can you finish now?"

Anyway, I had my ponytail piece put in. It usually has a red streak, ut we wanted to have as much luck as possible in Ireland, so I had green streak instead! After that I went into make-up and Karin sked me how I wanted to look. "Sparkly, sparkly, sparkly!" I said, ecause that's my favourite at the moment!

Sometimes when I'm getting ready and I feel a bit tired, I get cared that I won't be able to perform as well as I want to. y legs go and I feel like I've got no control over my body. But as e minutes tick by, the adrenalin starts pumping more and more. hen, as soon as I go on stage, it's 'Bang!' and everything's fine.

From 6.30pm-7pm, we all go through a vocal warm-up. Between 7pm-7.30pm, a couple of the dancers and I lay on the floor doing sit-ups to get our stomachs nice and tight for the performance. I do some other exercises, too, and generally warm up so I won't pull any muscles during the show. Then it was time to go and meet the concert promoters and tour sponsors – and all their children! It's nice to meet them and say "Enjoy the show!", but you're so nervous that you can't take any of it in, really.

Once that was done, we trailed off back to the dressing room. Just before the show, everybody clears out, so the five of us are left together. We usually say: "We're so nervous, but if it all goes wrong it doesn't matter. We'll just enjoy ourselves and do it for ourselves and our families."

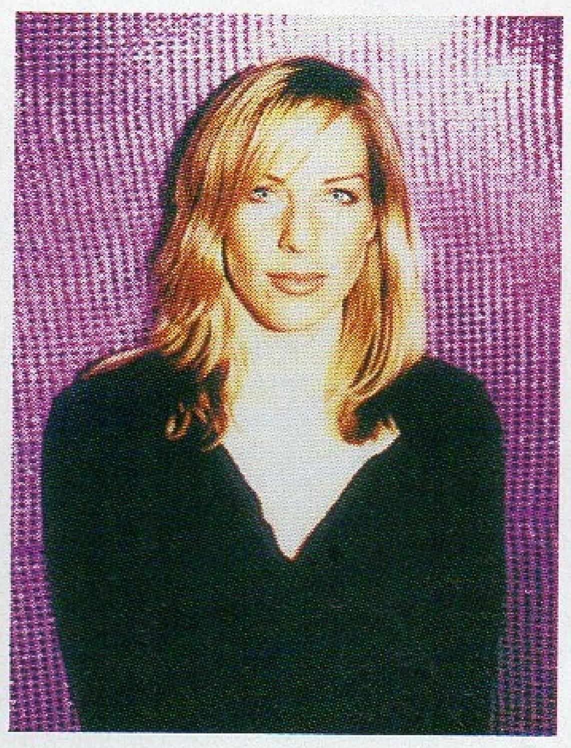
At 8pm, it was time to go to the back of the stage and wait until our introduction started. We were all really nervous! There are eight bars of music before the doors open and we were all gasping: "Here we go, here we go, here we go!" We were off! We were fine as soon as the doors opened. We had the best two hours of our lives!

Sometimes it's really hard to sleep after the show, because you're so wired. You need time on your own to relax and wind down. Some of the girls really like to let their hair down and have a drink at the bar every now and then, but I know I can't stay up too late if I've got a show the next day, because my voice will go. So I go to bed as soon as I can and try and get a really good night's sleep.

It's funny, because you're really high and awake when you come offstage and then slowly you feel yourself coming down. Then, after about two hours, you feel absolutely exhausted and drained. You just want to flop into bed, but you've got to take all your make-up off first. Sometimes I can't even be bothered to run myself a bath. We had four days off after Dublin, so we all had a bit of a party and stayed up quite late that night. But the tour is six months long, so we have to be careful. We all want to party and have a good time, but we've got to be sensible and not burn ourselves out!

"Just before the show, everybody clears out so the five of us are left together. We usually say: "We're so nervous, but if it all goes wrong it doesn't matter. We'll just enjoy ourselves and do it for ourselves and our families."

MAKING FACES



TOP TIPS ON SPICY GLAMOUR FROM KARIN DARNELL, OUR FAVOURITE MAKE-UP ARTIST

When I first met the Spice Girls more than two years ago, they didn't really like make-up very much. Some didn't wear any at all. But now it's an important part of their image and people follow their lead, so we always try to push it that little bit further. My aim is to make them look as special and as glamorous as possible.

Geri's always loved make-up. She's got great bone structure and great skin. I don't need to use a heavy foundation on her face, just a light tinted moisturiser, if anything, and some powder. With her red hair, she looks good with warm colours. For the movie, we gave her the Marilyn Monroe look, with red lipstick and gloss. Then it was all colours on top of the eyelid and nothing underneath, whereas now we're doing smudgy-smudgy eyes.

She likes big lips, so I usually overpaint them slightly. The funny thing about Geri is that when she's performing she eats the microphone, so there's always more lipstick on the mic than there is on her lips. For the tour, I'm literally going to stain her lips with red cochineal, which won't rub off or smudge.

Geri loves eye-liner. Whatever look I give her, there's always eyeliner in there somewhere. She often uses Jet-liner Saumet Black liquid eyeliner, but Rimmell's version is very good, too.

Emma is naturally very pretty. I don't need to use heavy bases or foundations on her. She looks fantastic with a bit of lip gloss, some blusher and mascara. Emma started off really natural, wearing light pinks and blues, but since the movie she's moved towards darker eyes. She's become a bit of an older Baby if you like - a bit more sophisticated. She sometimes likes darker lips, but recently I made her a pink-beige Bardot-type lip-stick that really suited her, too.

Emma loves a pink blusher by Make Up Forever which has a high glisten to it. Instead, buy a Bourjois deep pink blusher which is very slightly iridescent. It's the same thing, more or less, but cheaper!

Mel C's image has changed quite a lot recently. She's now going for a more glamorous look and showing that you can be sporty and beautiful. It's a myth that you can't and it's not fair that sport has had such a bad image in the past.

She has lovely-shaped eyes which sweep up at the outside edge, and I always emphasise them. She's got a wide space between the eyebrow and the eye, which means I can easily use different colours to change the shape of the eye. Her face is a canvas and there's lots you can do with it. I started to give her heavier make-up while the Girls were making their movie, and everyone loved it.

Mel's into beige lips at the moment. She likes Shuemura No. 970 with an Aveda lipliner. She also uses Spice lipliner by Mac, with a bit of gloss, for really Spicy lips.

TOP TIP

To make a really stunning dense glitter eyeshadow like the Girls wear in the 'Stop!' video, I mix the glitter with all kinds of bases and powders on my hand. My hand is my palette and every colour that goes on the skin is tested out on it first.

TOP TIP

If you haven't got a lot of money, go to an expensive shop, get a little sample of the colour you like, put it on a tissue, and then go to Boots or Top Shop or wherever and find exactly the same colour.

TOP TIP

ANYONE WITH AUSSIE RELATIVES

Get them to send you some Poppy Lip shine (Crystal) from Australia. I never go anywhere without it.

TOP TIP

Don't be afraid to experiment with your make-up. Why not mix two lipsticks together, use blusher on your eyes or blend an original eyeshadow? Each make-up product can be used in loads of ways!

TOP TIP

Dust a small amount of loose powder underneath your eyes before putting on your eye shadow. That way, any eyeshadow that falls down on to your cheek lands on the powder, so when you brush the powder away, your skin's still clean!

TOP TIP

Remember, you don't have to plaster foundation on your skin, no matter who you are. No-one wants to be caked in make-up and feel like they're really painted. Make-up is there to complement you, not be a mask.

TOP TIP

Mix your fave lipstick with some gloss in a pot to make the perfect blended lip gloss.

V

Victoria loves highlighting, so she usually has a bit of glitter on her cheekbones and brow bones. She also loves her gold eyeshadow – the smudgier the better. I use real artist's pigment on her eyes, which are very dense in colour. I can use them in a variety of ways – wet them or leave them dry, depending on the effect I want. I've also made some of her very dark lip colours out of basic pigments.

You can buy gold eyeshadow from the high street. If you want to make the colour very deep and more like a pigment, use a wet brush on the corner of your eyeshadow, which basically turns it into *an eyeliner.*

m

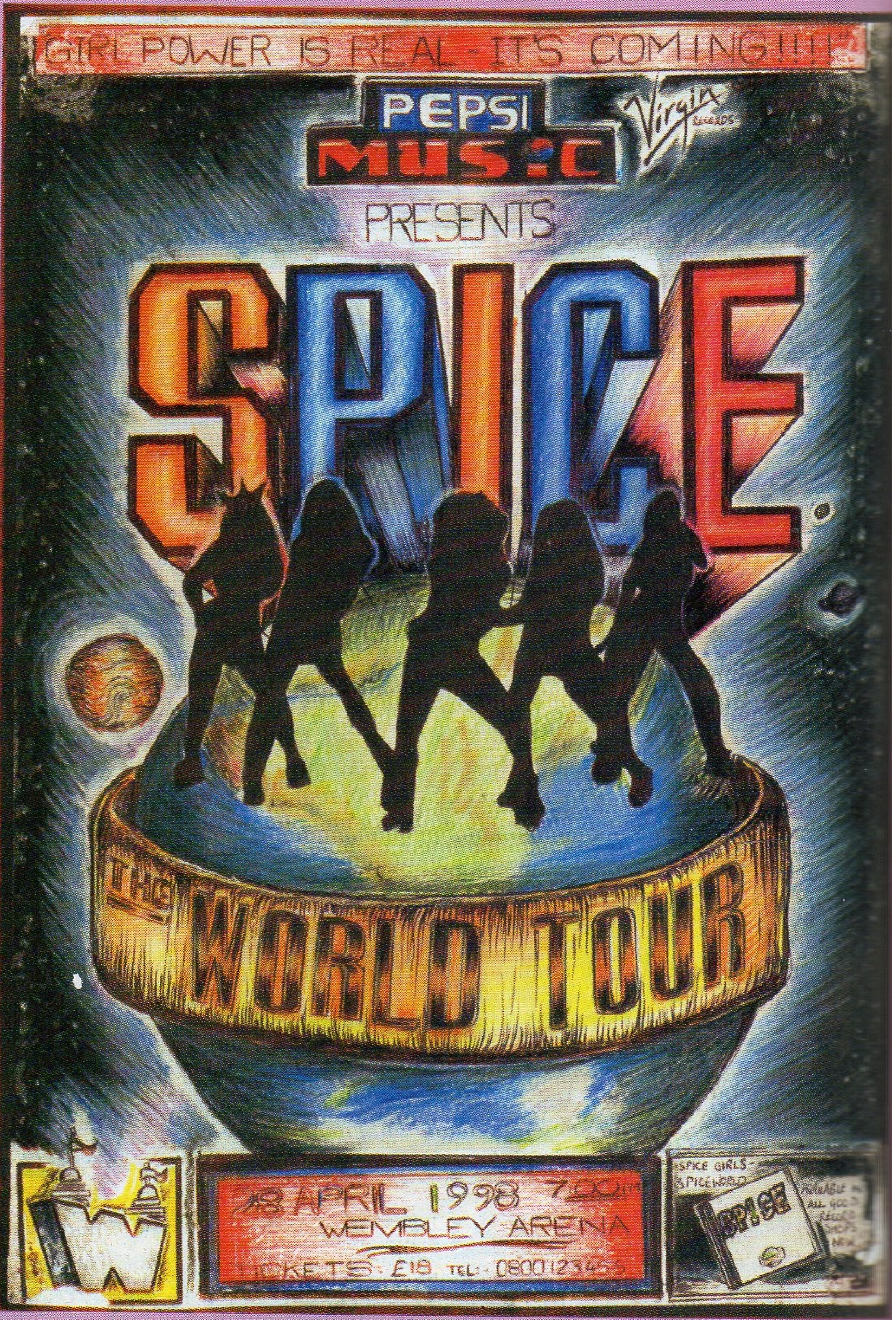
At the moment Mel B is into smoky browns. She doesn't tend to like glitter very much – I don't think she likes the way it feels. And her skin's got a natural glow to it, anyway. She's got great bone structure and loves her blusher. She either goes very dark with her lipsticks, with something like a black lip gloss, or she chooses to be very light-lipped with a darker outline. Normally you emphasise either the lips or the eyes, but with Mel B that rule often goes out of the window.

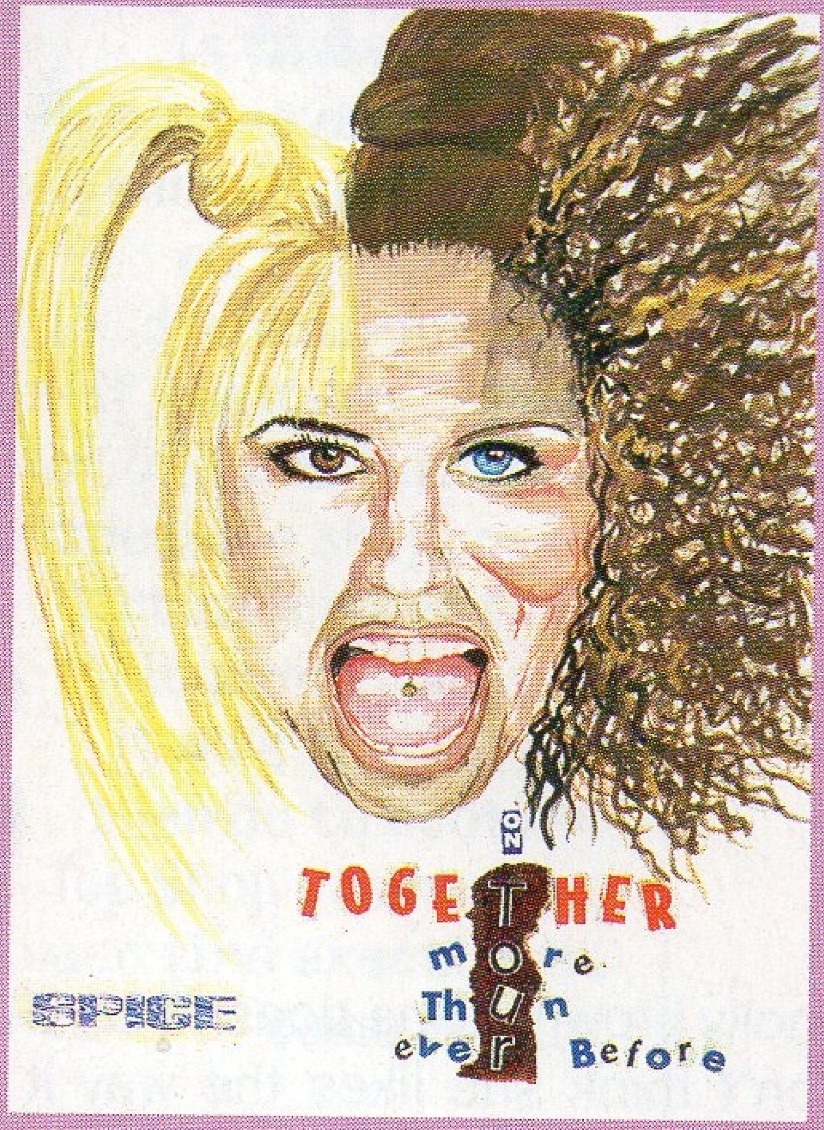
Mel B's favourite blusher is a rich rosy plum one from the Iman range. For a cheaper version, try Top Shop or Marks & Spencer, which both have excellent ranges of make-up for *dark skins.*

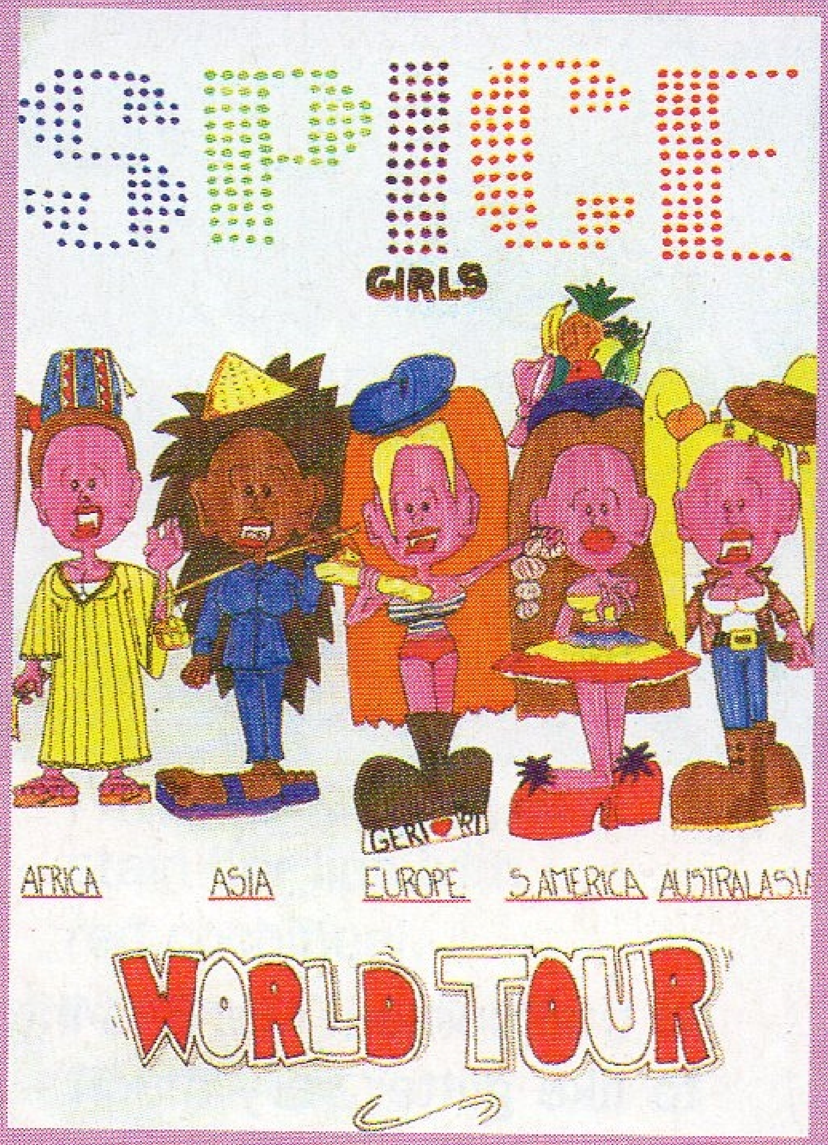
Competition results

Winning Posters

Well done, you lot! We asked you to design a Spiceworld tour poster and your entries were brilliant. Here are the ones we picked…







The winner in our 'Design a Spice Girls tour poster' competition is **Marc Bassett, 16,** of Newport, South Wales for this Wembley Arena tour poster. He wins two tickets for a Spice Girls concert and backstage passes to meet the Spice Girls. 15 runners-up, who all win Spice T-shirts. The five runners-up designs above are by:
Wendy Reed, 20, Hull
David Grinsted, 13, Essex
Allys Denby, 10, London and Fernando Miguel Carualho, 17 and Anan Lúcia Coutinho, 14, from Portugal. For a full list of runners-up write to John Brown Publishing Ltd., The New Boathouse, 136-142 Bramley Road. London W10 6SR

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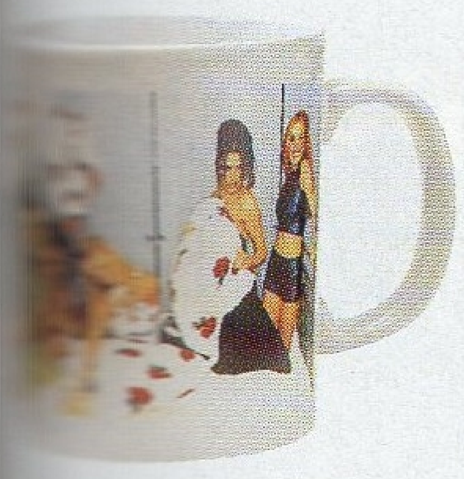
1. POLAROID SPICE CAM

3. GIRL POWER

4. METAL STRAP

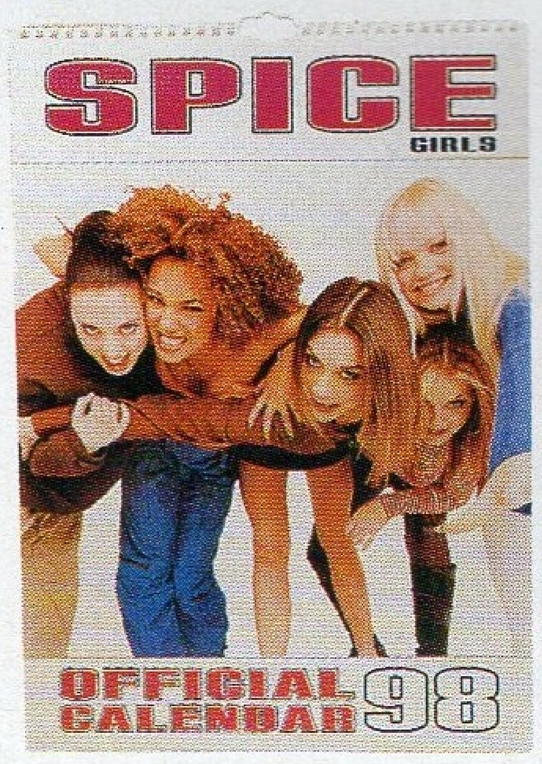
5. BLACK STRAP



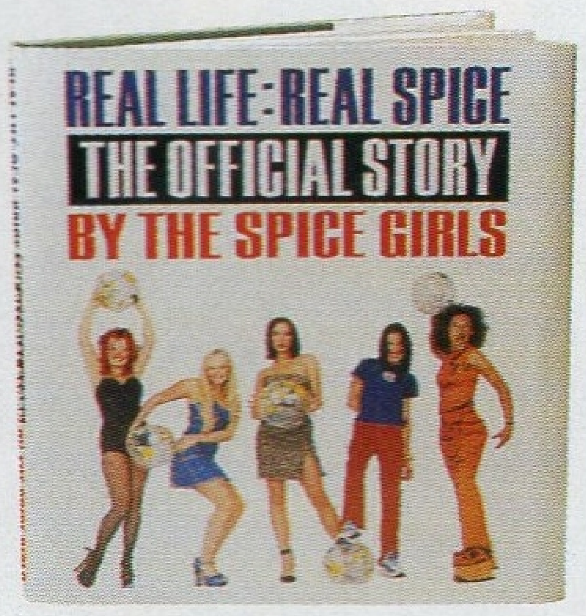
8. MUG 1

10. MUG 3

2. POLAROID SPICE LIGHT



6. CALENDAR 1998



7. BOOK

9. MUG 2

11. T-SHIRT 1

12. T-SHIRT 2

13. T-SHIRT 3

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2. POLAROID SPICE LIGHT	1026	7.49		
3. WATCH - GIRL POWER	1027	14.99		
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6. CALENDAR 1998	1030	4.99		
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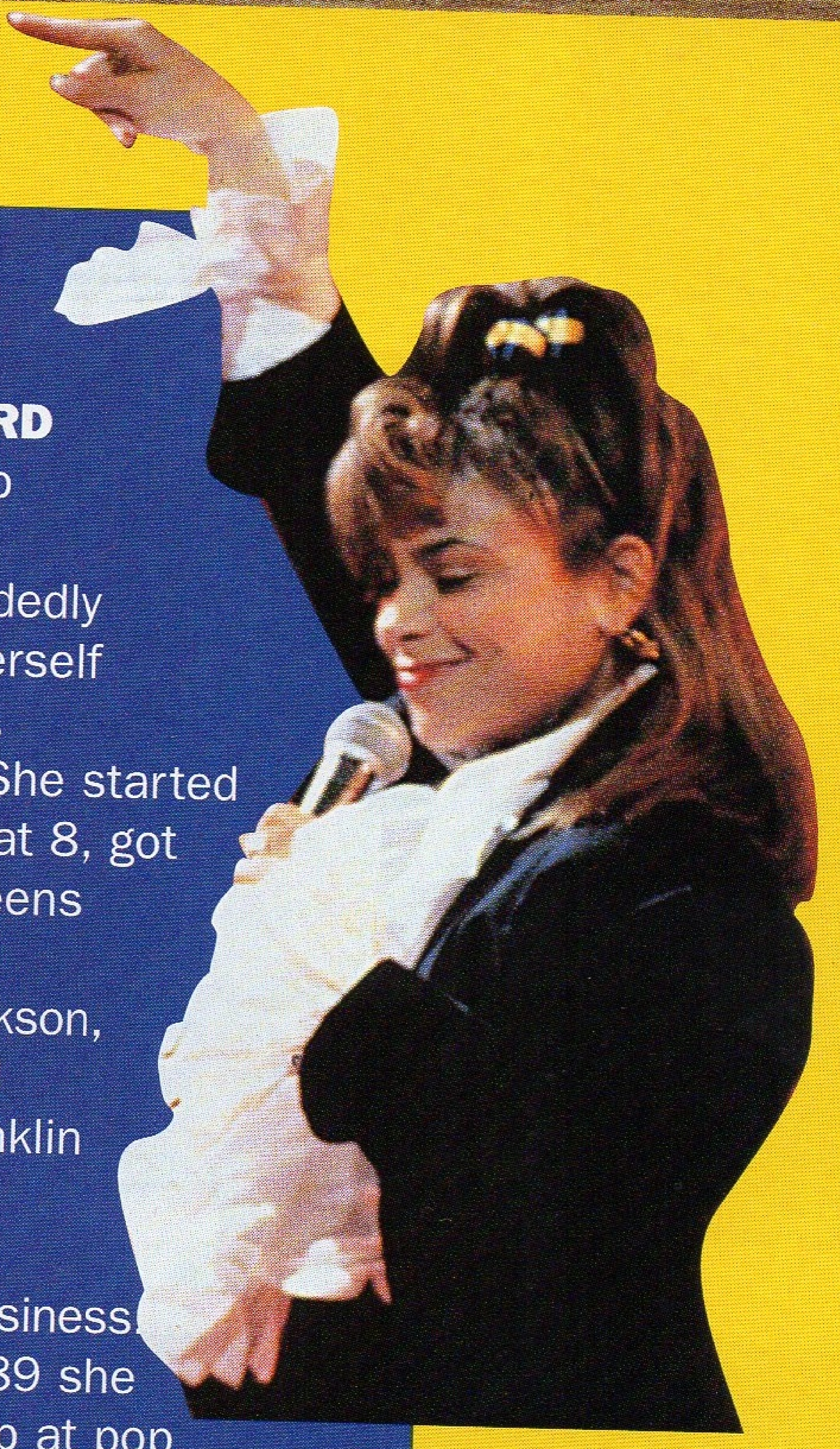
DANCING Queens

Follow in the footsteps of the greatest dancers

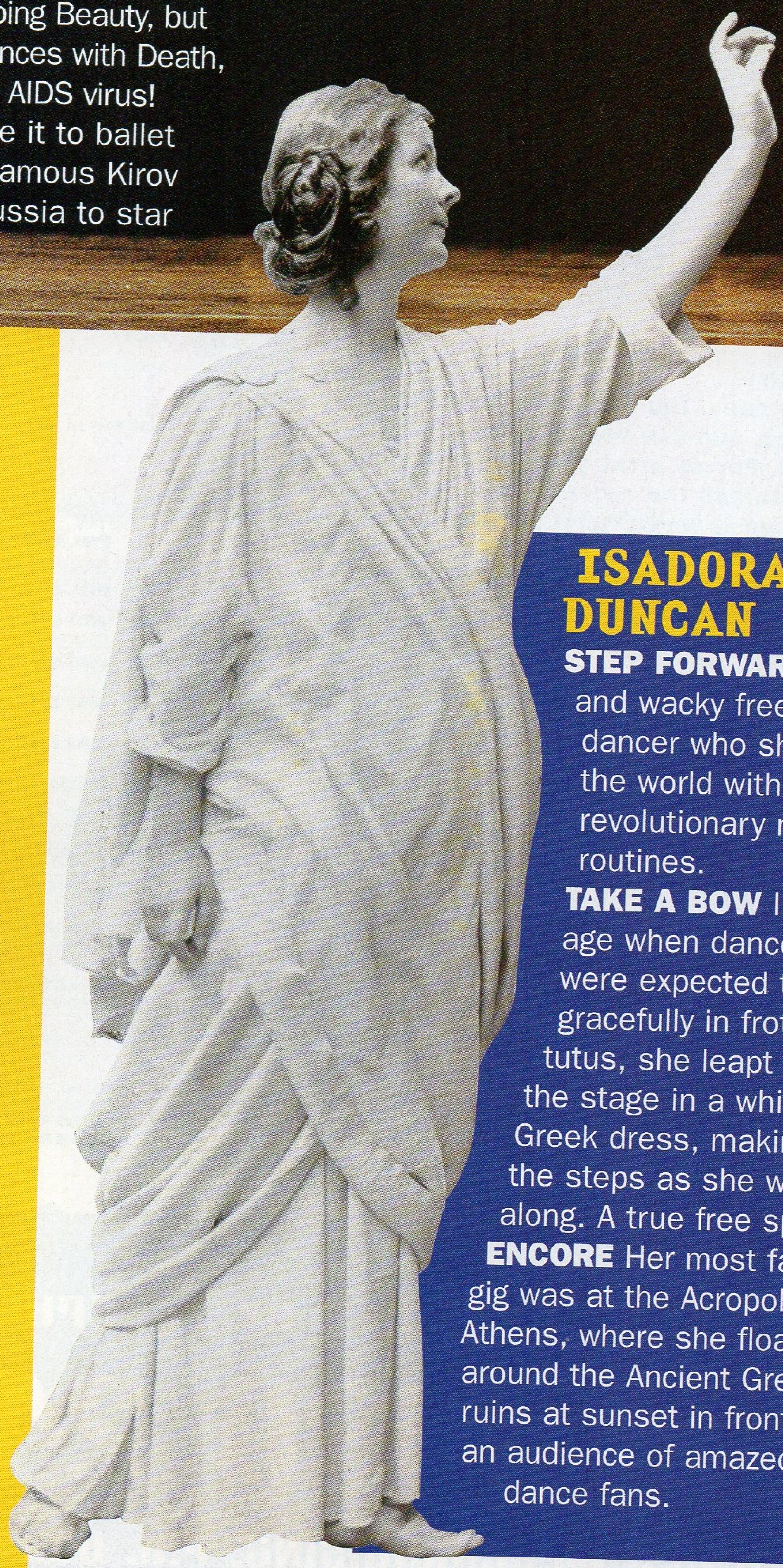
DARCY BUSSELL

STEP FORWARD Long-legged leaping beauty with the Royal Ballet who proves that you don't have to be petite to be a brilliant ballerina.
TAKE A BOW She's danced in all the classic ballets like Swan Lake and Sleeping Beauty, but her most unusual role was in Dances with Death, where she played the part of the AIDS virus!
ENCORE She knew she'd made it to ballet superstardom when the world-famous Kirov Ballet recently invited her to Russia to star in their shows!



PAULA ABDUL

STEP FORWARD Originally a pop choreographer, she single-handedly transformed herself into a pop star.
TAKE A BOW She started ballet lessons at 8, got groovy in her teens and went on to teach Janet Jackson, George Michael and Aretha Franklin some of the hottest dance moves in the business.
ENCORE In 1989 she had her own pop at pop and shimmied into the limelight with a top 5 hit. Known for her mega-mega stage shows, she's had six US No. 1s and won five major dancing awards!



ISADORA DUNCAN

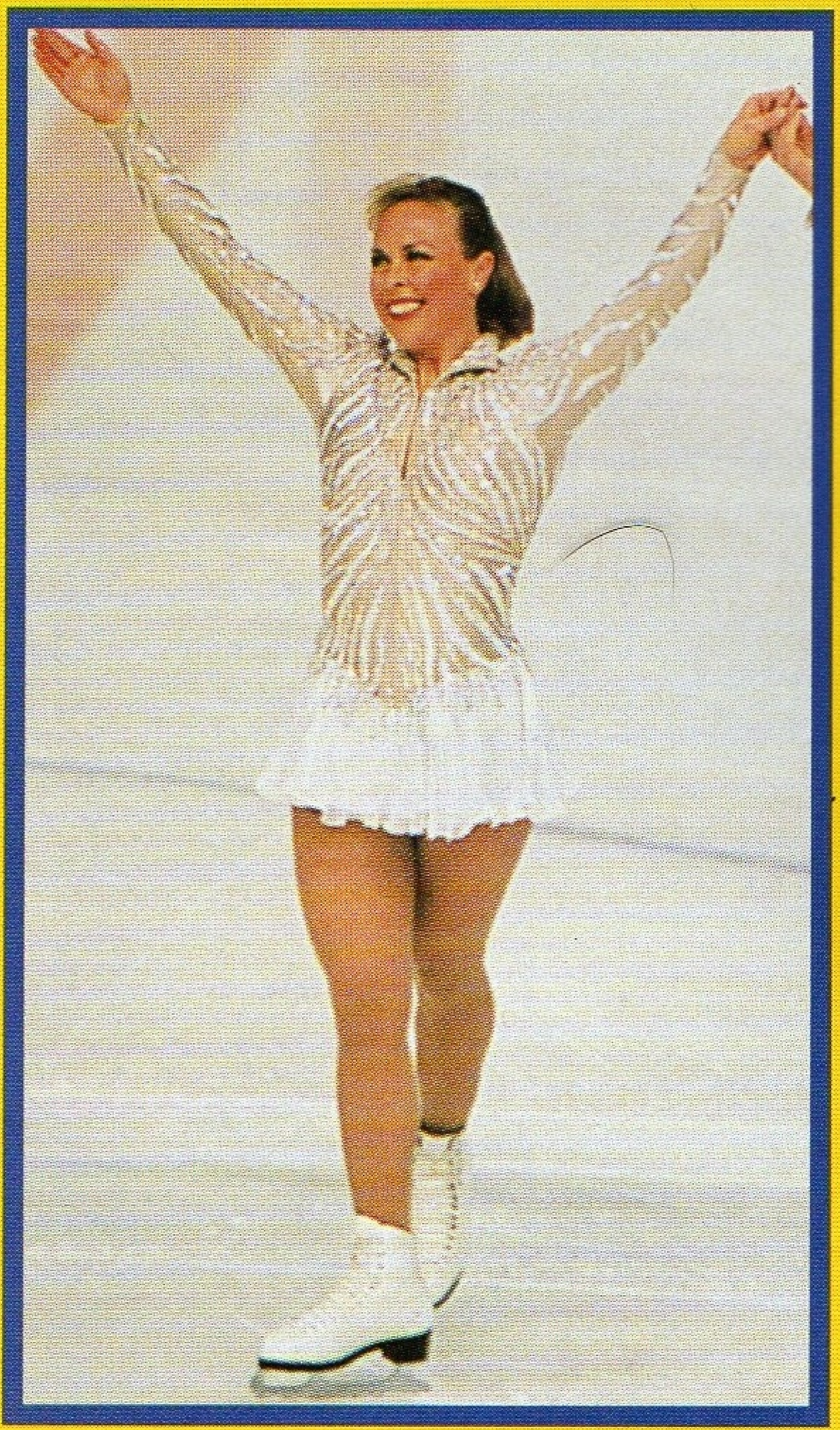
STEP FORWARD Wild and wacky freestyle dancer who shocked the world with her revolutionary new routines.
TAKE A BOW In an age when dancers were expected to twirl gracefully in frothy tutus, she leapt about the stage in a white Greek dress, making up the steps as she went along. A true free spirit.
ENCORE Her most famous gig was at the Acropolis in Athens, where she floated around the Ancient Greek ruins at sunset in front of an audience of amazed dance fans.

ANNA PAVLOVA

STEP FORWARD Ballet's first celebrity superstar, she is still considered the greatest ballerina in the world ever! At a time when most dancers earned £5 a week, she was on a salary of £1,200 a week!

TAKE A BOW Born in Russia and trained in St Petersburg, she showed true Girl Power when war broke out by entertaining the troops with her dancing interpretations of flowers and butterflies!

ENCORE Her most famous role was The Dying Swan, when she made audiences sob out loud with her tragically graceful stage death and fluttering feathers.



JANE TORVILL

STEP FORWARD Britain's hottest ice queen, she was the first female skater to be taken seriously as a dancer as well as an entertainer.

TAKE A BOW Along with her partner Christopher Dean, she helped put skating on the map when they won the Olympic Gold Medal in 1984 for their breath-taking 'Bolero' routine.

ENCORE One of the greatest female skaters of the century, she proved to the world that skating was far more than a naff spectator sport.

BONNIE LANGFORD

STEP FORWARD Eternally-young bubbly red head who managed to make the transition from sickly-sweet child star to accomplished musical singer and dancer.

TAKE A BOW She made her name at the age of six by winning a TV talent show with a cutesie song and dance routine. At seven she was appearing in a West End show and by the grand old age of 11 she was a TV star.

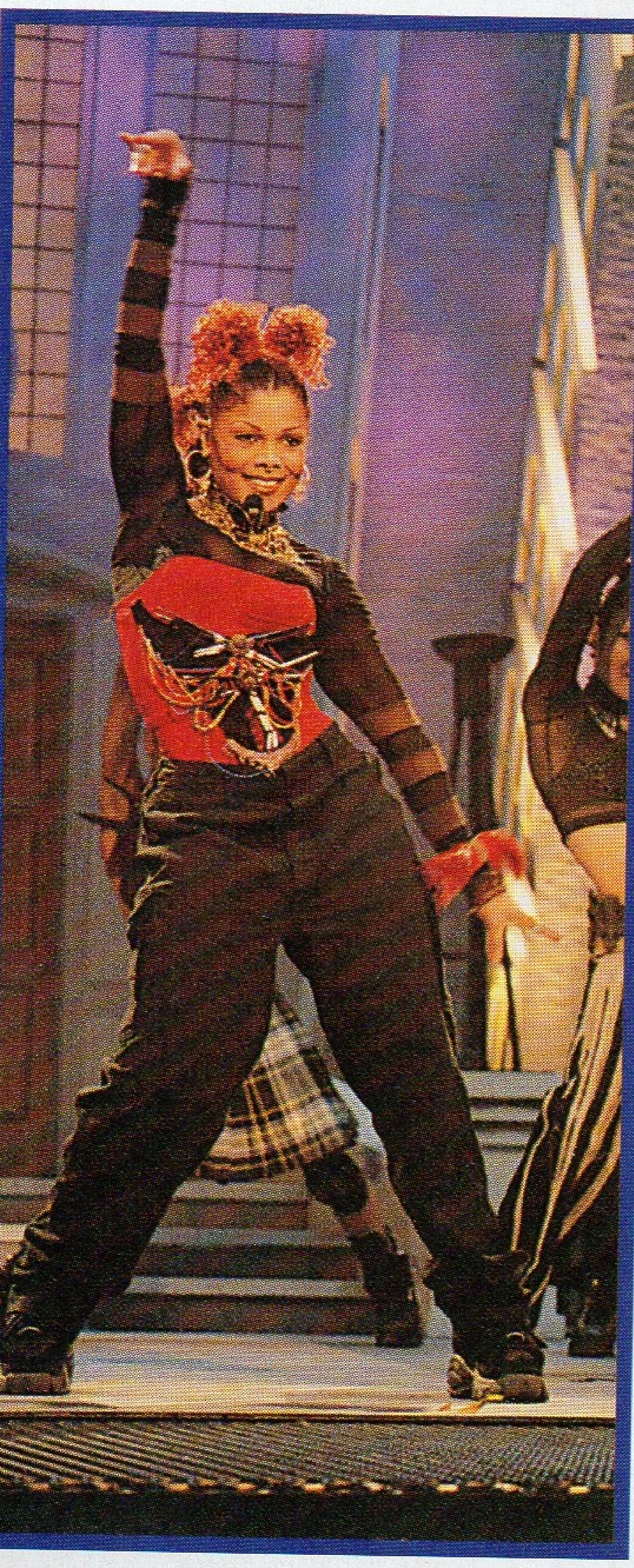
ENCORE One of Andrew Lloyd-Webber's favourite dancers, she helped make *Cats* a huge success with her incredible feline impersonations and went on to star in *Peter Pan* and *The Hot Shoe Show*

JOSEPHINE BAKER

STEP FORWARD Exotic, outrageous, 1920s nightclu dancer whose raunchy sho and OTT costumes caused a scandal wherever she performed.

TAKE A BOW With rave reviews, sold-out shows an men falling at her feet, she was the most famous black woman of her time – and one of the world's greatest entertainers.

ENCORE Later on in life, sh joined the French Resistanc against the Nazis, adopted a host of underprivileged children and campaigned tirelessly against racism.



JANET JACKSON

STEP FORWARD
Strutting pop superstar with a $50million record deal and several multi-platinum albums.

TAKE A BOW The baby of the world-famous Jackson family, she's an even better dancer than big brother Michael.

ENCORE When Janet tours, she takes enough dancers with her to fill a West End show! Her dance routines are legendary – she once brought a live black panther on stage and tied it to a speaker while she jumped around it singing Black Cat!

GINGER ROGERS

STEP FORWARD
Hollywood's most famous all-singing, all-dancing film star.

TAKE A BOW One of Tinsel Town's highest paid stars in the 1930s and 40s, she made her name in a series of now-classic musicals, including *Top Hat* and *Swing Time*, along with the big-eared genius tap dancer Fred Astaire.

ENCORE Married five times, she hung up her dancing shoes in 1940 and went on to win an Oscar for a straight acting role in *Kitty Foyle*. But everyone still remembers her as a dancer!

CORBIS; ALL-ACTION

KARAT
K

Don't let bullies push you around! Fight back with Girl Power and give them a chop. Woo-Hah!

"Karate **teaches** you something! It makes you more **cautious** and sensitive to danger. And you can **practice** listening to **music**"

E

My brother PJ was the first in the family to take up Karate!

ID!

Karate is the ultimate Girl Power hobby! It strengthens your mind and body and protects you from bullies! It also teaches you discipline, keeps you fit, and improves your confidence, co-ordination and concentration. I should know, because my mum's a black belt and she was the one who taught me Karate!

I'm very proud of my mum because she worked really, really hard and now she's a black belt Karate teacher. I began learning when Mum started giving lessons at my school, the Sylvia Young Stage School, I loved it! It is a great way to let out all your aggression! The school wanted to teach some form of self-defence because we were always going out on auditions and travelling on buses and tubes. The teachers realised that it would be good if we learnt how to protect ourselves.

Karate teaches you something! It makes you more cautious and sensitive to danger. And you can practice it at home, listening to music, or when you're clearing up your room.

A bit about Karate by my mum

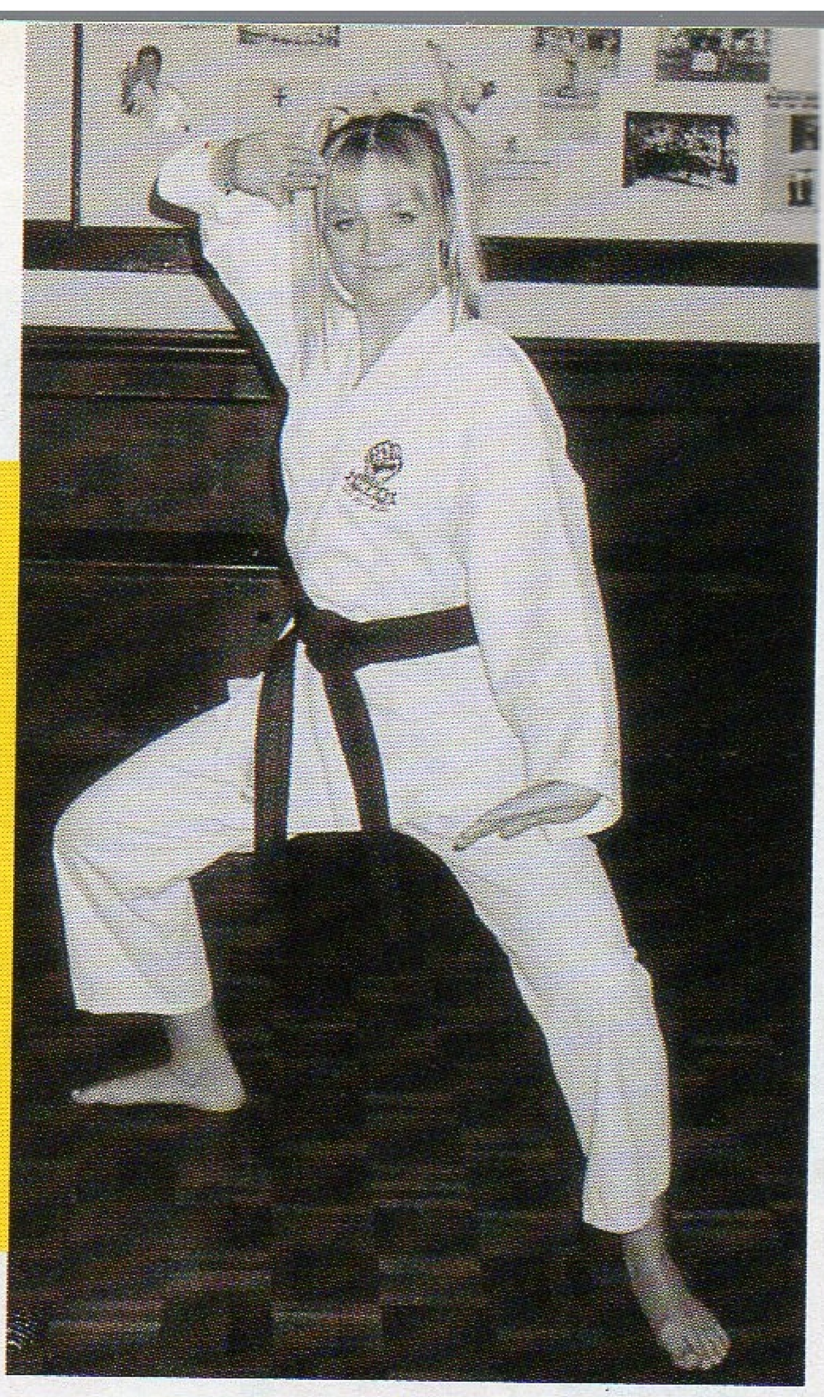
"If you're thinking of taking up Karate, you should check out a few martial arts classes before you sign up. The smaller classes are better, because then the teacher is in total control and can give you more individual attention. Also, make sure it's a good club by finding out whether it belongs to an official Karate organisation.

In Karate, the colour of your belt is a sign of how advanced you are. The order of colours is yellow, orange, red, green, purple, brown and black.

The colours go from light to dark because in Ancient times you started off with a white belt and as you went to more classes, your belt would become dirtier. Then, after you'd been practising for a few years, it was absolutely black.

A Karate teacher is called a Sensei, which means 'some-one who has been before'. It's nice to know that he also walked into his first Karate lesson once wearing jogging bottoms and a T-shirt!"

Profile



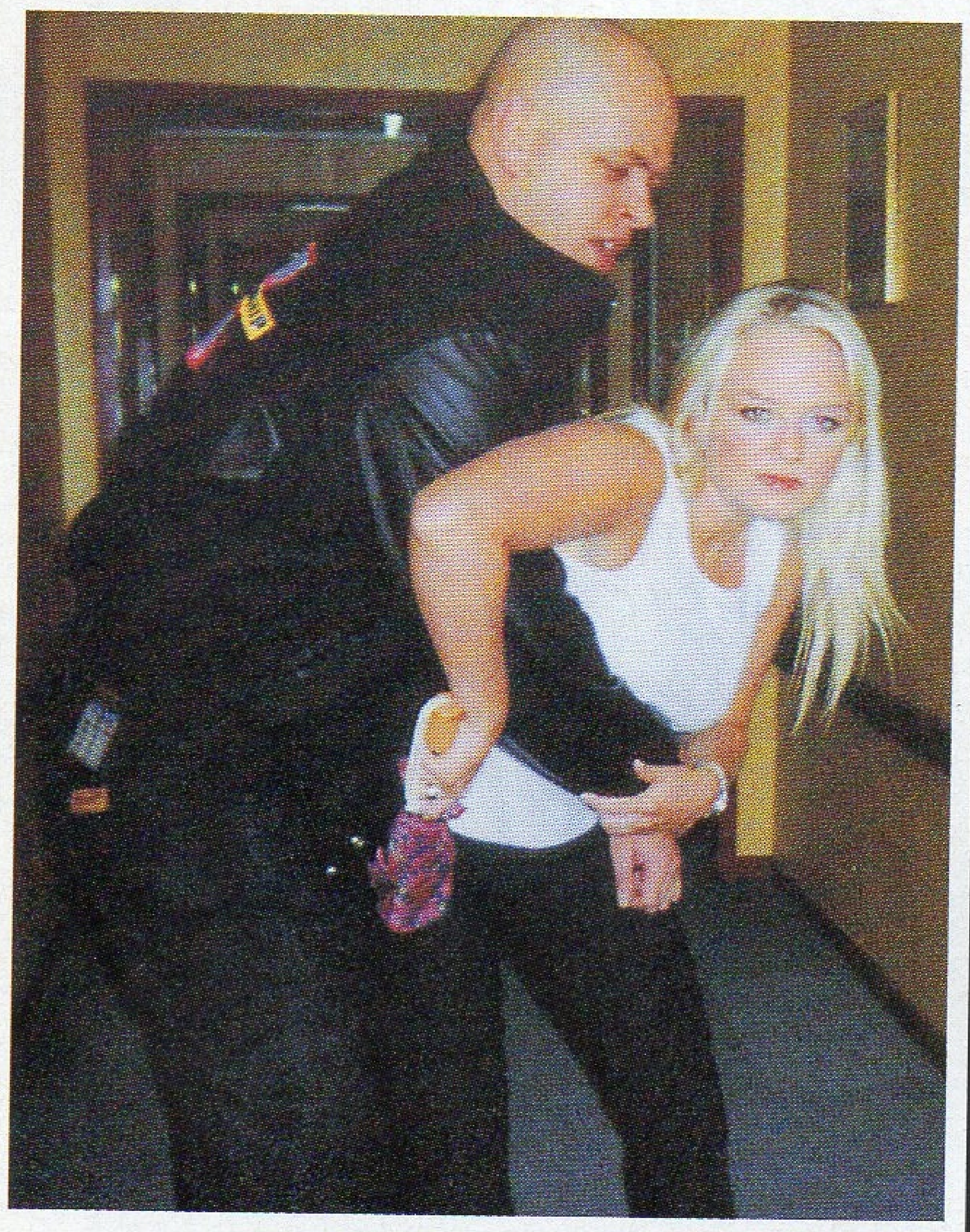
SELF DEFENCE

Whether you're being bothered by a bully in the playground or a stranger in the street, it's important to know how to defend yourself

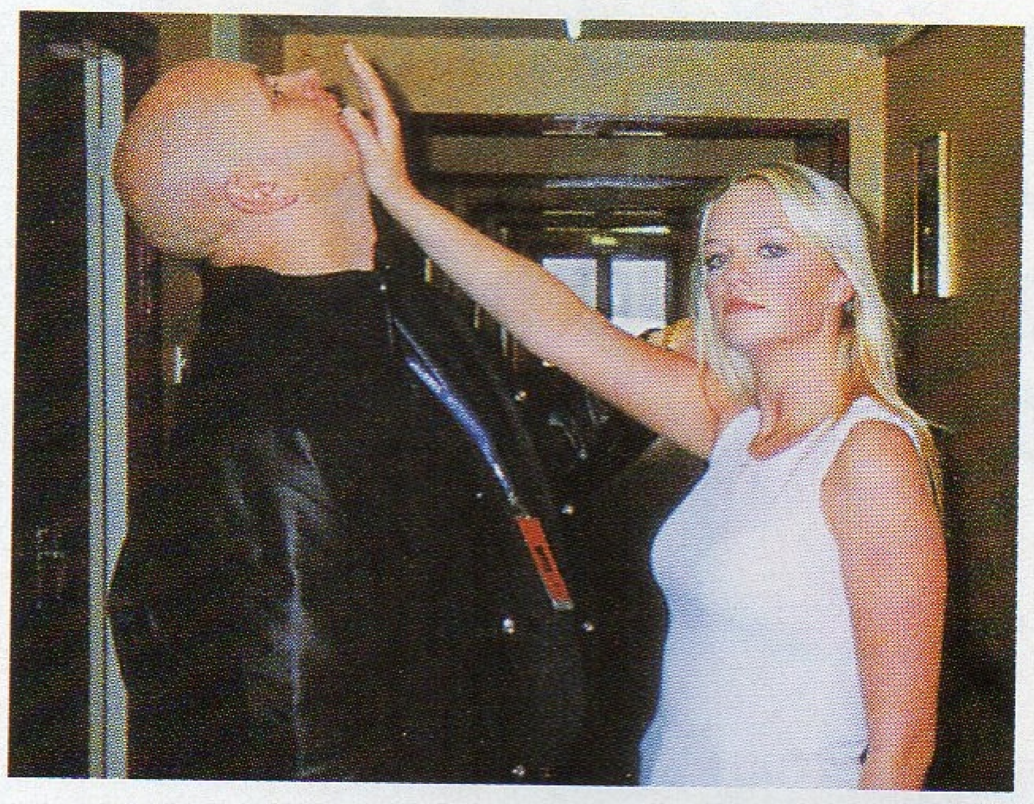
HERE ARE SOME TIPS AND ADVICE

SAY: "NO!"

Don't be afraid to say no if someone touches you or moves to grab you. In fact, shout it out as loud as you can! A Karate shout is called a Kiai and the best place to practice it is when you're out in the open and no-one can hear you!



You can use your umbrella in more than one way! As my mum always says, a man's weak point is his groin. Keys can also be really good self-defence weapons.



If someone gets too close, push the palm of your hand up against their chin. This is useful when you're being bothered a little bit and want to say no without hurting anyone. If you wanted to hurt someone, you could do the palm-heel strike onto the nose, which would automatically make their eyes water, giving you time to run away.

Your elbow is a great weapon because it's pointed and sharp. Knees and heels are good, too. He's got me round the waist here, so I've pushed my elbow into his face.

If someone grabs you round the waist from behind, lift your knee right up and then stamp down on their foot. Even better, slide your heel down their shin as you stamp. That hurts. If you don't want to hurt someone who's grabbed you round the waist, but you want to get away, pinch the inside of their thighs and they'll soon let you go!

DON'T FORGET!

Use your legs: Remember your legs are far stronger than your arms, so try to focus on getting them to do the work. Run away: don't stand there and have a fight. Do what you have to do to get away, then run for it!

Be safe: Always make sure you've got enough money to get home and a phone card or change for the phone. Tell someone where you're going.

Be sensible: Even if you're a black belt, it would be stupid to walk down a dark alley way on your own!

ASK A STUPID QUESTION!!!! (OR SEVEN!)

WHO WOULD YOU LIKE TO SEE IN A RIDICULOUSLY TINY, WEENY PAIR OF SWIMMING TRUNKS?

Mel B – Maxwell, because I quite like him. You never get to see his body properly, so I'd like to see how big he is.
Geri – Tony Blair.
Mel C – Victor Meldrew.
Emma – Leonardo DiCaprio or Trevor McDonald.
Victoria – Only my boyfriend!

IN AN IDEAL WORLD, WHO WOULD YOU MOST LIKE TO BE YOUR PERSONAL TRAINER?

Mel B – Waynetta, so that I wouldn't have to do anything except slob around.
Mel C – Madonna.
Geri – Tony Blair, wearing his tiny pair of swimming trunks. We could talk about economic policies while we're on the running machine!
Emma – Delia Smith.
Victoria – I don't train!

IF YOU LOST YOUR BRAIN IN A FREAK ACCIDENT, WHOSE BRAIN WOULD YOU WANT IMPLANTED IN YOUR HEAD?

Mel B – Keith from the Prodigy.
Mel C – John Lennon.
Geri – Half Einstein's, half Oscar Wilde's.
Emma – A mixture of the other girls' brains. That would be mad!
Victoria – Not Mel B's!

IF YOU GOT THE LEAD PART IN A MAJOR FILM, WOULD YOU SHAVE YOUR HEAD FOR IT?

Mel B – Never. No way, no way! I'd have to put a false plastic shaven head on instead.
Geri – Maybe. It would depend on how pretty I was feeling that day. Hair always grows back, so I'm sure I would.
Mel C – I've always wanted to shave my head, but I don't dare because it would look so rough. So it would be brilliant to have an excuse to do it.
Emma – No, I don't think I like the sound of that!
Victoria – I think I would. I wouldn't want to do it and I'd probably try and avoid it, but if it was really right for the part, I suppose I would.

WHICH CARTOON CHARACTER IS MOST SUITED TO BE YOUR BOYFRIEND?

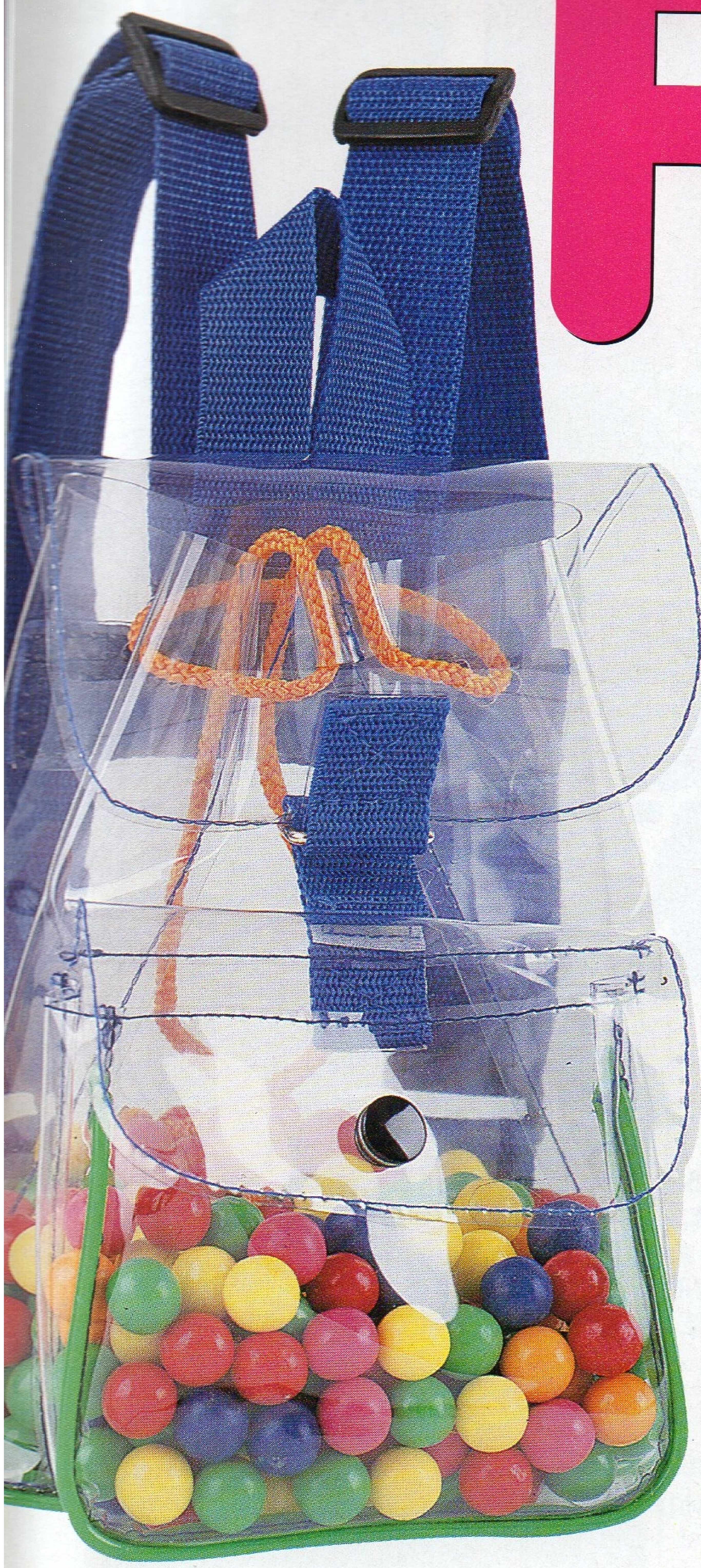
Mel B – Popeye The Sailor Man!
Mel C – Roy of the Rovers.
Geri – Clark Kent, or Shaggy from Scooby Doo.
Emma – Charlie Brown.
Victoria – Tasmanian Devil.

IF YOU HAD ANOTHER PART OF YOU PIERCED, WHERE WOULD IT BE?

Mel B – I fancy having a little diamond on the skin between my forefinger and thumb, because it's an unusual place to get pierced. I've had my fingernail pierced, but it just grows out.
Mel C – Just below my nose, so it looks like a beauty spot.
Geri – I'm bored with piercing, so I wouldn't.
Emma – I wouldn't pierce!
Victoria – The top of my ear.

WOULD YOU PLUCK YOUR EYEBROWS IN FRONT OF A BOY YOU FANCIED?

Mel B – Yes!
Mel C – Yes!
Geri – Yes!
Emma – Er...
Victoria – Yes!



FREE STUFF!

Look at all this great gear we've got to give away!

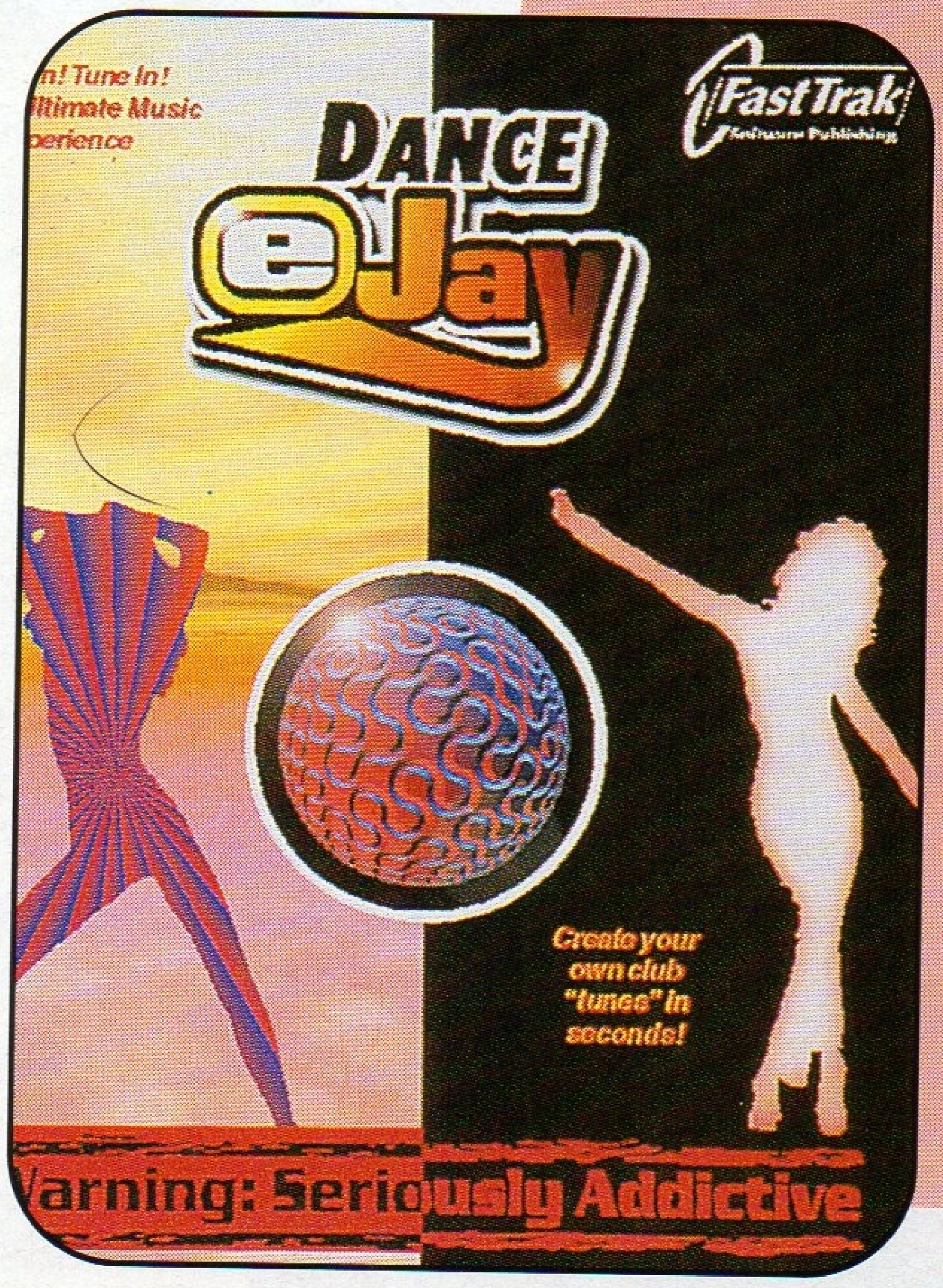
Send a postcard telling us which freebies you want along with your name and address to Spice Giveaways, PO Box 11932, London SW11 4ZN.

DRESS UP!

Get hip and funky this summer with these fab tie-dye dresses, gorgeous blue blouses and wacky and wild animal lingerie, including bra, brief cami knickers and boxer shorts! **We've got 10 sets of animal print undies to give away and 20 sets of the dress and blouse.** Mark your card Etam goodies, stating whether you want the dress set or the underwear.

BAG IT!

Show off your cool belongings in this funky transparent rucksack from Fetish. We're giving away 25 rucksacks along with 30ml bottles of Fetish Eau de Toilette spray – which comes in a unique shaped bottle that clips onto your clothes. Handy for whenever you need a quick squirt! Mark your postcard Fetish.



FUNKY!

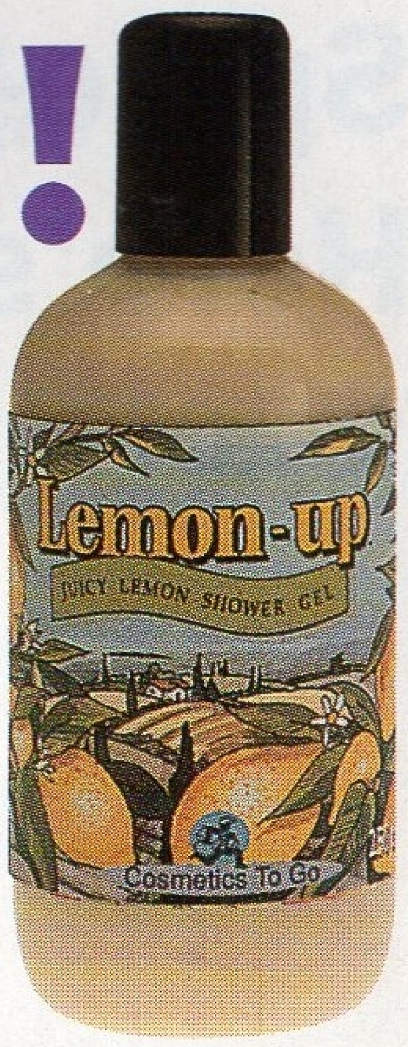
Designed to be great fun to use, this addictive CD Rom will let you become your own music producer – in a flash! You don't have to know anything about music, either! Dance eJay includes sound samples that have been professionally edited and produced at 140 beats per minute – to make sure you get the rhythm right every time. With all the hard work done for you, you can create a professional sounding dance track in just seconds! Turn your PC into a music hit factory! **We have seven sets of Dance eJay with sample kits to give away.** Mark your postcard Dance eJay.

HAIRY!

Wella's high performance Experience conditioners contain the award-winning Liquid Hair ingredient which actually puts hair back into hair. Sounds mad, but apparently it's made up of hair's own keratin proteins, to rebuild and strengthen each strand. **We've got 35 sets of conditioners up for grabs.** Each set includes Wella Experience Conditioner, Wella Experience Intensive Creme Conditioner and a Wella Experience Liquid Hair Treatment Spray. Send your name and address on a postcard along with your hair type – ie. normal/fine or dry/damaged/coloured to Spice/Experience offer, PO Box 1051, Windsor, Berks, SL4 1TS.

BRILL BATHTIME!

Cosmetics To Go, the wacky mail order cosmetics company, are giving away 23 sets of amazing bathtime goodies to make you smell fantastic! Each set includes a Ginger Snaps bath bomb; Ginger Brick Soap; Lemon Up shower gel; Jolly Fish soap; Otto Sweet Breath and Saucery chocolate bubble bath. **Send your entries to Spice Offer, Cosmetics to Go, PO Box 2150, Poole, Dorset, BH16 5YT.**



LOLLY LOADS!

Chupa Chups, the world's biggest producer of lollipops – so big that famous artist Salvador Dali designed their logo – have produced the ultimate sweet: Spice Girls Lollipops! Each girl has their own flavour, Geri loves fizzy Cola, Mel C is partial to fruity Strawberry, Emma adores the yummy Strawberry and Cream, Victoria likes tangy Lemon and Mel B is mad on the fiery Orange flavour. **We've got two tins of 150 lollies, to give away... and guess what? They've been autographed by the Spice Girls!** To get your hands on on of these collectors items mark *your postcard Sucker!*

Bargain Spice!

Dress for less Spice-style. Here's how!

RED CROSS there are over 400 shops nationwide so look in your Yellow Pages for your local branch.

SALVATION ARMY 0171 383 4230

SOME BIZARRE Drake Circus, Plymouth 01752 601022

Geri

Pink Chinese mini-dress £16 **Some Bizarre, Plymouth** boa £2.50 **Salvation Army**

Victoria

Blue slip dress £7 **Help the Aged**

Emma

Yellow A-Line mini dress **£4**
Bizarre Bazaar

HELP THE AGED also have loads of shops, here's a selection:

3 Ecclesall Rd, Sheffield; 8 Bridge St, York; 1 The Parade, Headingley, Leeds;

299 High St, Bangor, N. Wales; 367 Newtownards Rd, Belfast; 69 High St, Kings Lynn;

63 Camden High St, London; 19 Albert Parade, Eastbourne.

Purple tie-dyed Indian top £5
Portabello Market, London
Multi-coloured hipster flares £15
Affleck's Palace, Manchester

Mel B

BIZARRE BAZAAR Bournemouth 01202 391661

CANCER RESEARCH CAMPAIGN has hundreds of shops nationwide, so here are a few: 350 North End Rd, Fulham, London; 172 Terminus Rd, Eastbourne; 53 Widemarsh St, Hereford; 22 Srobuck Rd, Birmingham; 3 The Parade, Northampton; 7 Trinity St, Coventry; 4 East Port Street, Dunfermline, Fife; 50 High St, Newtownards, Co. Down; 49 St James St, Brighton.

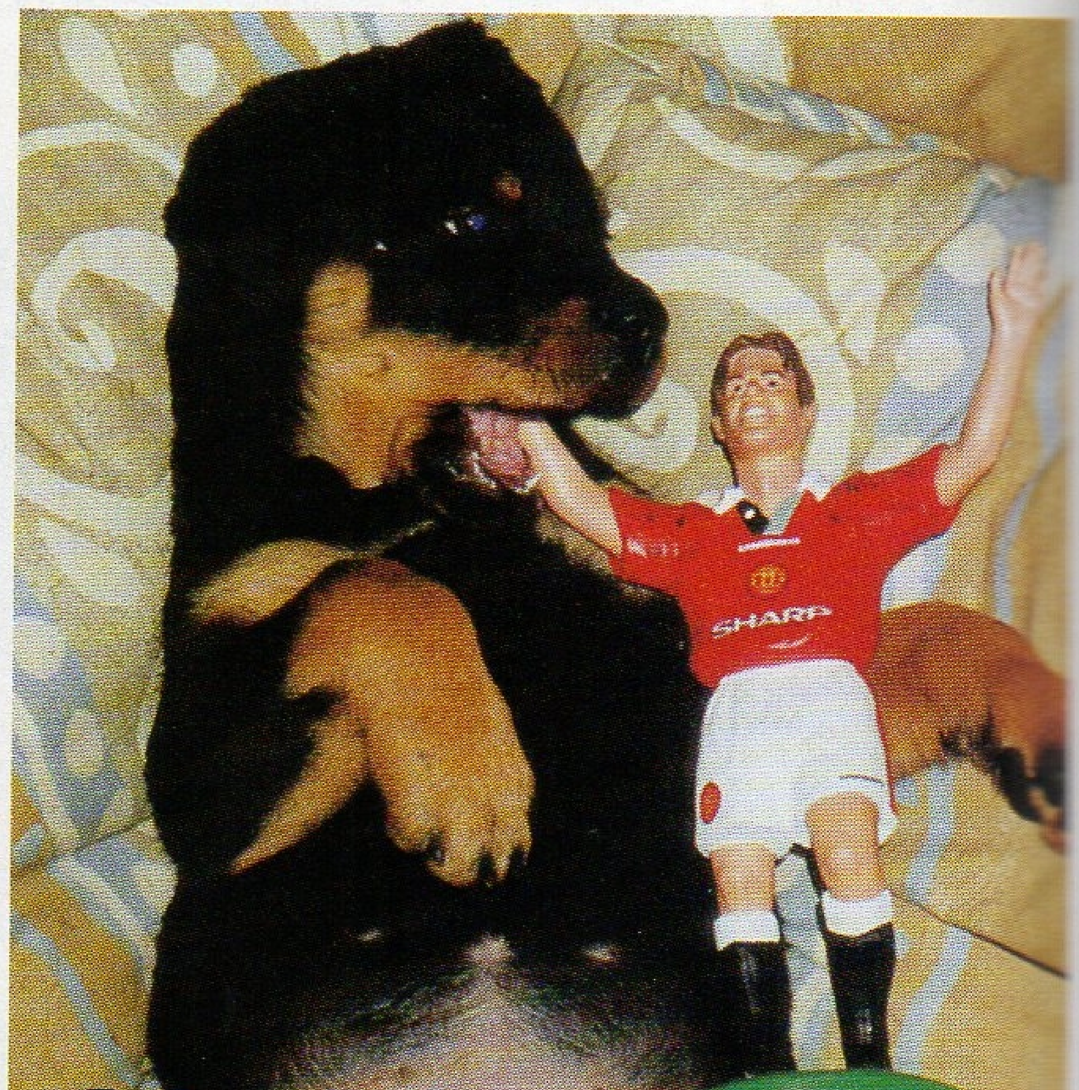
Mel C

Black V-neck t-shirt £3 **Oxfam**
Mens pinstriped trousers £10.99 **Cancer Research Campaign**

Photography: **Vicki Jackman**
Make Up: **Kate Strong**
Styling: **Kate Cornish**
Model: **Nicole from Hughes Models**

OXFAM have special trendy, retro sections: 26 Gaunton St, London W1; 231 Byres Rd, Glasgow; 15-17 Duncan St, Leeds; 134a Western Rd, Brighton; 52 Bridlesmithgate, Nottingham.

GRRRRL POWER!



Referee!! That must be a foul

David and I bought two dogs just before Christmas. The 're both girls and the fat one is called Puffy after Puff Daddy and the little on is called Snoop after Snoop Doggy Dog. They're really cool-looking little dogs, very beautiful.

Originally, I wanted a little handbag-sized dog. At the the pet shop I went straight for all the cute little ones, but David said that since I wasn't going to be there a lot and he was going to look after it, he wanted a Rottweiler.

When he went to pick it up, the owner, who didn't recognise him at all, showed him four puppies and told him their mother was called Spice and their pedigree was part Spicey. He decided it had to be fate. He saw the one that he wanted, but then he decided he wanted the runt a well. So he got two!

They're cute and lovely and they're getting really big now. You might think that they were vicious to look at them, but as soon as you touch them they roll on their backs and play. Still, they make really good guard dogs because they're very protective of us.

"You might think they were vicious to look at them, but as soon as you touch them they roll on their backs and play. Still, they make good guard dogs because they're very protective of us"

It's hard training them, though. I thought I'd found the answer to all my terrible nightmares the other day. The man in the pet shop said: "I've got this fantastic thing for you – because I know you're having problems training your dogs." (The owners like me popping in because they always have kids there and I just go and sit with the dogs. I'm a bit of an old bat, really.)

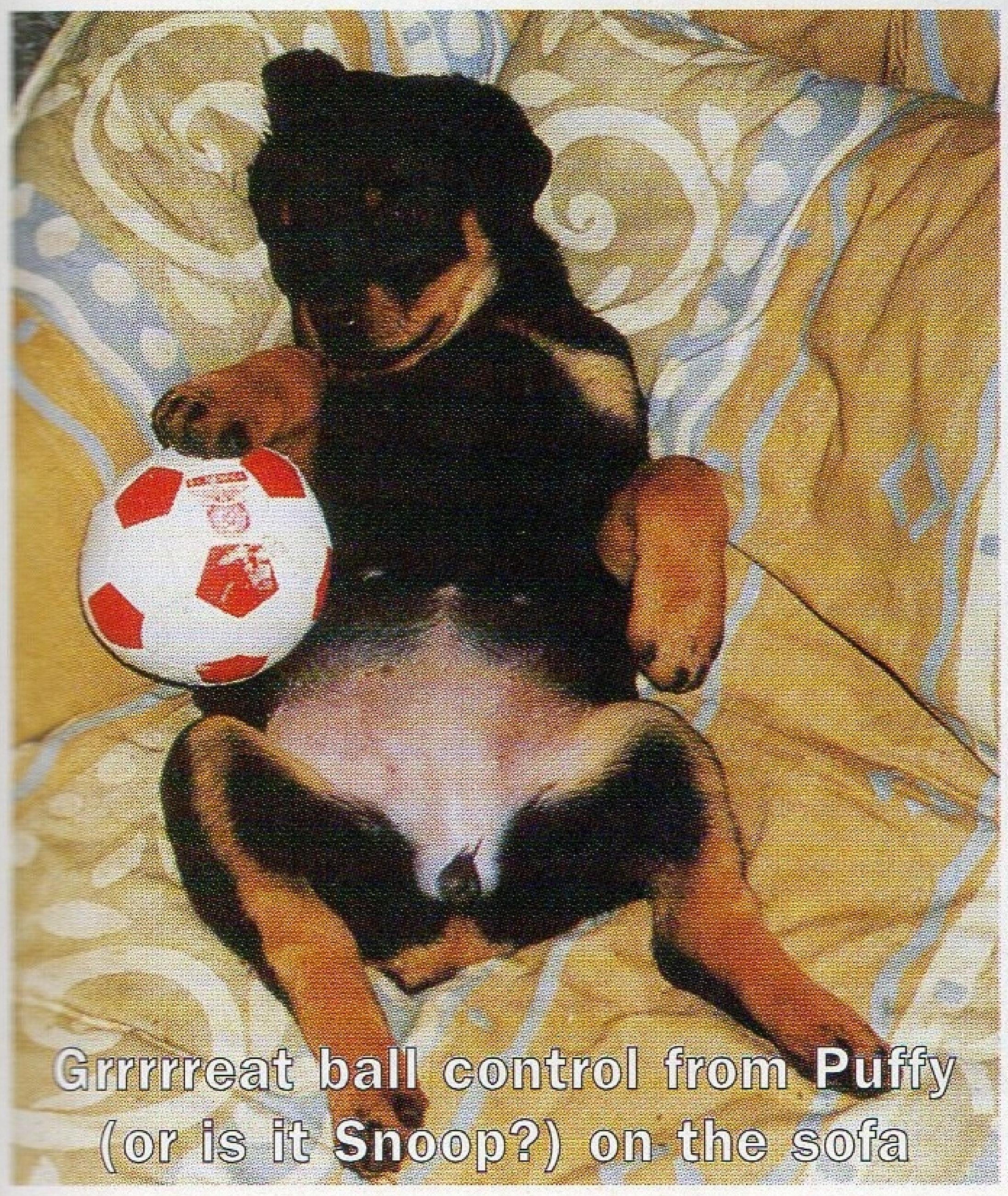
Anyway, his answer to my problems looks like a big Pampers nappy, made of squadgy material with fur and fluff inside it. You're supposed to put it in the corner of the room, then the dogs smell the scent on it and pee on it. As the days go by, you move it nearer to the door until you put it outside where they can see it. Eventually, they scratch at the door, you let them out and they're trained.

I thought, this is fantastic! First I cleaned the room, because they pee for England, these dogs, and they poo like a herd of cows. It's unbelievable. Then I put one of these nappy mats on the floor. The dogs ran in, sat around a bit and then one pee'd on the mat. It's working, I thought, and went upstairs to sort out the washing. But when I came back down. They'd had a fight and ripped the whole thing up. You've never seen so much fur floating in the air! It was everywhere, even in their mouths. I looked at them, they looked at me – and I could tell they knew they'd done something naughty! It took hours to clear all the mess up.

On Christmas day we stayed in this really nice hotel with my mum and dad. I felt a bit guilty about leaving the dogs so I phoned up the hotel and asked if they could come. They were really tiny then and it was the first day that they'd ever gone out for a walk. I had on a pair of silly little high heels and I was tottering around. At the moment, I take the dogs for drags, because they haven't quite got the hang of walking yet. I literally have to drag them. So there I was walking through the hotel and everyone's saying: "Oh look at the sweet dogs!" and suddenly one of them looks as though it's going to squat in front of reception. I thought, Oh no, How embarrassing! I tried to yank it up the stairs, but I had to take it up the disabled ramp in the end. Luckily, the hotel actually gave me a separate big room for the dogs!

Someone picks them up once a week to take them to the poodle parlour, where they get a shampoo and blow dry. They even come back smelling of Issy Miyake and all sorts. But they get dirty again quickly. The other day they emptied all the rubbish over the garden and then dug loads of holes. It ended up looking like a tip! Obviously, now they're puppies, they spend a lot of time indoors, but they're outdoor dogs really and they're much happier in the garden.

What a smacker!



Grrrrreat ball control from Puffy (or is it Snoop?) on the sofa

introducing... THE SPICE PETS

'Geri's got cows, but I haven't met them. Emma's got a cat called Fluffy, even though it's a boy. Mel C's got an overweight cat – a fat black lazy cat. And Melanie B's got a mad cat called Spot. They all take the mickey out of my dogs and say they're child eaters and all the rest of it. Typical!'

Another time they were playing in the garden and some kids were teasing them through the hole in the fence. I was in my dressing gown, with my hair tied up in a g-string and I looked like a right old bag nosy neighbour. I sounded like one, too, when I shouted: "Oi! Get away from those dogs!" I don't know if they recognised me or not but they ran away extremely fast!

I love watching Snoop and Puffy growing up. They ran up the stairs the other day and I said to them: "Ha! Try and get down now!" because they'd never experienced stairs before. So they tumbled all the way down. they've got legs like Bambie which kind of split as they slide on the tummies. It's very sweet. They're quite big now, but they're still really clumsy!

I'd still like a handbag dog, but I'm worried Snoop and Puffy might eat it when they're older! Eventually they get to 14and a half stone, which is really heavy. I can just about pick Snoop up by the front legs, with her back legs dangling, but Puffy is just too heavy and I don't even go there! So Snoop's mine.

COME AND

... if you think you're hard enough! This is the page where *you* get to tell us exactly what you think!

Send your letters, comments and questions to:

SPICE letters
PO Box 11932,
London
SW11 4ZN

I really like the way you dress. All your outfits are so bright and original. Please can you tell me where you buy your clothes or do you have them made?
Kati P, 11, Doncaster

We have our stage outfits made for us and shop around for the rest. But you can easily recreate the Spicy look by using a bit of imagination – and it doesn't have to cost the earth! (See page 80) SGs XXX

My dog is amazing! She's a big Spice fan just like me. Everytime I play your songs she starts barking and wagging her tail. It doesn't work when I play Boyzone or All Saints, so she must be a true Spice fan! Her name is Violet and she is half Springer and half Cocker Spaniel.
Lara, 13, Notting Hill, London
Of course she likes us! We're all barking, too!! See page 87 for more pets! SGs XXX

Secret Liaisons?

Dear Geri, did you go out with Jamie Theakston, I really want to know and am desperate to find out.
Spicefan

Dear Spicefan, Sorry to disappoint you, but there are some things that a girl is allowed to keep to herself. GERI XXX

LIVERPOOL

Liverpool is a wonderful place
With two great football clubs
Stanley Park, The Albert Dock
And its fair share of pubs

The Beatles, Ken Dodd and Ian Rush
It's produced some famous names
And at Anfield and Goodison Park
Have been the greatest games

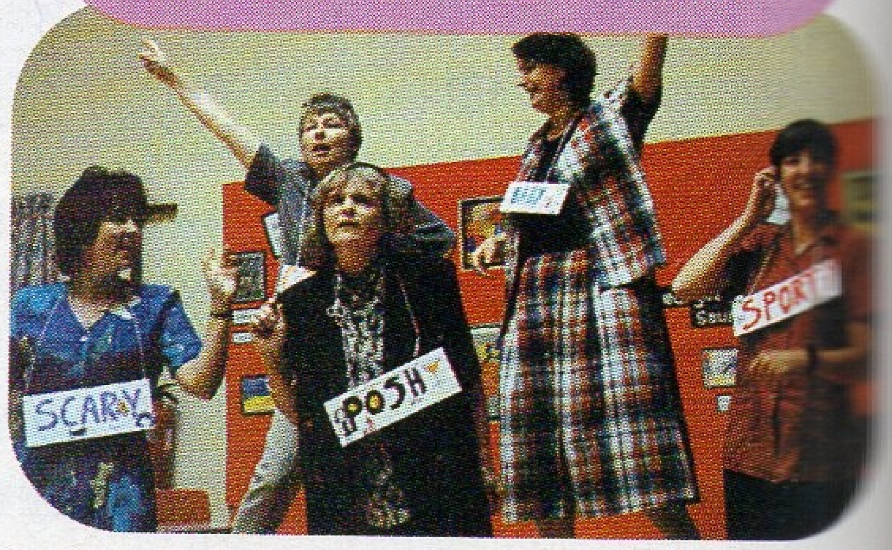
But amongst the football glory
And its long history
The thing I thank the city for most
Is this girl called Melanie C

And though I'm only 16 years of age
My life seems out of tone
But if I keep Mel C in my heart
I'll never walk alone

Tom Britton, 16, West Sussex

Top poem Tom, Have you tried putting it to music? Thanks a lot, we all really loved it! (especially Mel C !) In fact, we love all your letters, pictures and stories, so keep 'em coming! SGs XXX

GIRL POWER



I am 11 and have moved up to secondary school now. But at the end of primary school we made the main teachers do a karaoke to 'Wannabe'. It was so funny. I can't wait to see you on 2 May!
Kathryn Mann
Derbyshire
P.S. The one who's supposed to be Geri is my mum.

Wow! They look exactly like us! (Not!) So how's secondary school going? Hopefully your new teachers are also finding out about GIRL POWER! now. Keep spreading the word! SGs XXX

HAVE A GO

STAR LETTER!

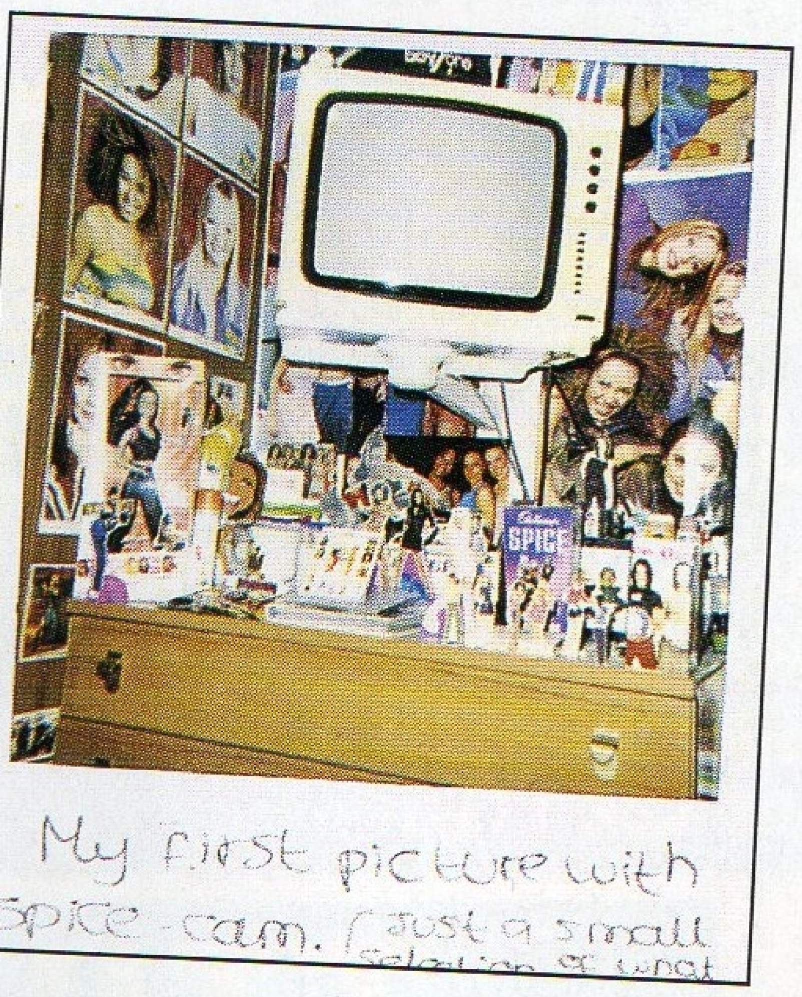
Someone told me that you are going to quit when you release your next album. I realise that you are not going to continue forever and you say: "It could all end tomorrow." I just want you to know, I will still love you all if you quit. I live in a children's home and Girl Power really helps me feel better about being away from my mother. I am so excited about seeing you in Helsinki, I will wear a red adidas tracksuit and carry a sign saying: "Its me Melanie". I hope I will meet you someday.
Lina Kemppi, Arinak

Don't believe everything you hear, Lina. Almost all the rumours about us are completely false! We'll be looking out for you at the concert – hope you enjoy it as much as we do! Stay strong! SGs XXX

I am a huge fan of yours, so when you released dates of a tour I replied straight away. As you will probably understand, I was delighted when I received front row tickets. The problem is, according to the ticket application form, no cameras are allowed, yet you are endorsing Polaroid Cameras. What's going on? Please let me know.
Nicola Bloomfield, 17, Stevenage

Sorry about that Nicola, but when we're performing on stage we get blinded by too much flash photography. And we're sure people wouldn't enjoy our shows as much if we fell off stage and had to perform on crutches! Camera or no camera, we're still looking forward to seeing you there! SGs XXX

I thought I'd send you the very first photo I took with my Spicecam which I got for Christmas. This is just a small selection of what I've got!! **Jodie Johnston, 15, Berkshire**



We're a bit worried that you don't seem to have enough Spice goodies, there, Jodie! So we're sending you a T-shirt to add to the collection! SGs XXX

Mel C has opened my eyes. I used to be a girl who always sat in front of the telly, but since I started reading your magazine, I've started to work out a little bit. Now I also go out with friends a lot more and I feel so much better all round. No more telly slave for me! Thanks, I love you all.
Ingrid Dorum, Norway
We love the telly, but there's no point wasting your life being a couch potato! Variety is the spice of life! SGs XXX

Dear Victoria,
Recently, I noticed your nails! They are lovely and clean and long. Have you got any tips?
Catherine Bell, Peterborough
That's easy – I get them done for me! Victoria XXX

Get sorted!

Got a problem? Don't sweat it. Take it from us – get real and keep your sense of humour while you're about it!

Send your problems to: 'Get sorted!', SPICE magazine, PO Box 11932, London SW11 4ZN

My brother's started smoking and he's only 13. Now I'm getting really worried about his health. How can I make him stop?
Upset, Essex

Mel B: Show him some pictures of lungs with cancer – it looks so revolting that he'd be an idiot to carry on smoking after seeing that!
Geri: Does he know that smoking's not great for kissing? Tell him that your friends all think it's repulsive kissing someone whose mouth smells like an ashtray!
Mel C: You can't stop him because it's his decision at the end of the day. All you can do is air your views and opinions and let him know the dangers about smoking. Then threaten to tell your mum and see if that makes a difference.
Victoria: Tell him his breath stinks and grass him up to your mum!

I like my boyfriend, but let's face it, he's not Leonardo DiCaprio. Should I wait for my dream boy to come along, or make do?
Dreamer, Liverpool

Victoria: How perfect are you? Watch out – maybe he wishes you were Kate Winslett!
Mel B: If you're not happy with him, then don't be with him. Looks shouldn't be so important – it's all about personality. You can wait and wait for your dream man to come along and he probably never will, so you might as well get on and make the most of what you've got. Anyway, some girls find their dream boy and then realise he's incredibly boring. No-one gets some-one who's perfect – you have to work on it.
Geri: I think it's good to fantasise. He might be your dream boy in your mind, but he probably wouldn't be when you met him, because you've built him up to be something he's not. To get the man you want, you should do a mental shopping list in your mind and he'll come!
Mel C: You know what they say: "If you can't be with the one you love, love the one you're with!" But be fair to your boyfriend and don't stay with him if you don't like him!
Emma: I completely understand because I love Leonardo DiCaprio, too! But who knows what he's really like? He might be a right pain for all you know!

I love my best friend, but it really annoys me how embarrassed she always is about going to the toilet. She does a beamer if I even just say the word 'poo'!
Fussy, Cardiff

Mel B: Some people go to the toilet with the door open and others are far more private about it. And for some people, it's the only time they get to themselves, especially if they're very busy. So leave her alone and respect it!
Geri: Tell her to get a life! Everyone poos and it's just not a big deal!
Mel C: Keep mentioning it and bringing it up. Then she'll get used to the idea and get over it.
Victoria: Get one of those plastic dog poos and trick her into stepping into it when she comes round. Then you can both have a good laugh and talk more openly about it.

I've got a phobia about having BO. Even if I only sweat a little bit, I spend all day worrying that I smell.
Stinky, London

Mel C: Everyone smells from time to time. Just make sure you're hygienic and wash a lot. Ask your best friend or your mum to tell you if she ever catches a whiff and then you won't have to worry so much about it yourself.
Mel B: Sometimes natural body odour is nice, but if you really smell, try changing your brand of deodorant more often. If it's really bad, then go to the doctor.

The boy next door is always making rude or embarrassing comments about my looks and it's really getting me down. Why can't he shut up?
Embarrassed, Lincoln

Mel B: Either he fancies you or he's just trying to see how far he can push it. Make some comments

TIP SPOT

I'm being picked on by some girls at school because I 'm the shortest in my year. Help!
Shrimpy, Scotland

Emma: Tell them that all good things come in small packages! I used to hate being small, but now I'm happy with how I am. Just put on a pair of big boots and stand strong for who you are!
Mel B: Tell them to get a life! They're being pathetic – and you can tell them so from me! It doesn't matter if you're tall or small, fat or thin – people come in all shapes and sizes. We could all call each other names, so what's the point? Just ignore them, unless it gets really bad. Then tell a teacher.
Victoria: I know how upsetting bullies can be, but you've just got to get on with your life and forget them. They're probably only being nasty to you because they feel pig ugly themselves!

back about his appearance or tell him to stop being so rude because it's not going to get him anywhere with women. Tell him that boys don't grow up as fast as girls, but he'll grow out of it!
Geri: He's probably only just got to that age when he's begun to notice lumps and bumps. Ignore him and he'll bug someone else after a while.

My best friend's acting weird and hanging out with another girl the whole time. I'm gutted because they both go off without me at lunch break, but I'm too proud to say anything. How can I get my friend back?
Lonely, Dundee
Mel C: If she's really your best friend, then hopefully she'll come back to you. But don't let yourself be treated badly. You should go out, have fun and find other friends who may turn out to be better friends anyway.
Emma: Let her know how you feel, then at least you know you tried. If she laughs at you, then she's not worth it anyway.
Mel B: Sometimes people at school aren't very nice. You should either confront her and ask her what's going on, or just make yourself join in and see what she does. But maybe she wasn't the right friend to have in the first place.
Victoria: Tell her to sling it, and forget her! You know you're a nice person, so go out and make some nicer friends.

IF YOU NEED HELP

Childline: 0800 1111
Lesbian and Gay Switchboard: 0171 837 7324
Pregnancy Advisory Service: 01564 793225
Alcohol Abuse Helpline: 0171 352 3001

My boyfriend is all over me when I see him, but that's not very often because he doesn't return my calls for weeks on end sometimes. Should I dump him?
Worried, Sheffield
Mel B: Boys are far more aloof than girls – they're just not as direct. It's like, when boys decide they want to finish with somebody, they'll probably just be horrible to them for a while and not say anything. Not every boy is eager and calls you all the time, but it can still work as long as he's there when you need him and he's not with anybody else. Stop moaning about it and go out with the girls – then he'll probably start ringing you every night to check you're in!
Mel C: Talk to him about it first, then dump him if you don't like his answers!
Emma: Don't let him think you're hanging around for him, because then he'll always take you for granted. Get out there and enjoy yourself – and then you'll forget to worry about if he's going to ring you or not!

My friends are really open when they talk about their boyfriends, but I'd rather not tell everyone what my boyfriend does with his tongue. Am I odd?
Secretive, Blackpool
Mel C: No, you're not! Your friends should respect you and let you do what you want. If you're not comfortable talking about something or doing something, then just don't do it!

SCARY CREEPY QUIZ

Are you a scaredy cat?

1 Who released the horror record 'Thriller'?
a The Smurfs
b Michael Jackson
c Louise

2 What scared the pants off Queen Elizabeth I?
a Roses
b Codpieces
c Puddles

3 Who writes the 'Goosebumps' books?
a RL Stine
b Frank N Stine
c Frank N Furter

4 What made Baby Spice scream when she was a little girl?
a Her mum in a face pack
b A giant model of King Kong
c Michael Jackson

5 What has this left Emma with a lasting fear of?
a Cosmetics
b Big things
c Plastic surgery

6 What animal so terrified the Emperor Napoleon that he attacked it with a sword?
a A rabbit
b A kitten
c A tiger

7 What could happen if you ate the poisonous part of a Puffa fish?
a You could grow fins
b You could turn into a zombie
c You could turn into the lead singer of Chumbawumba

8 What did Saint Columba see in the sixth century?
a An abominable snowman
b A Chris Evans lookalike
c The Loch Ness Monster

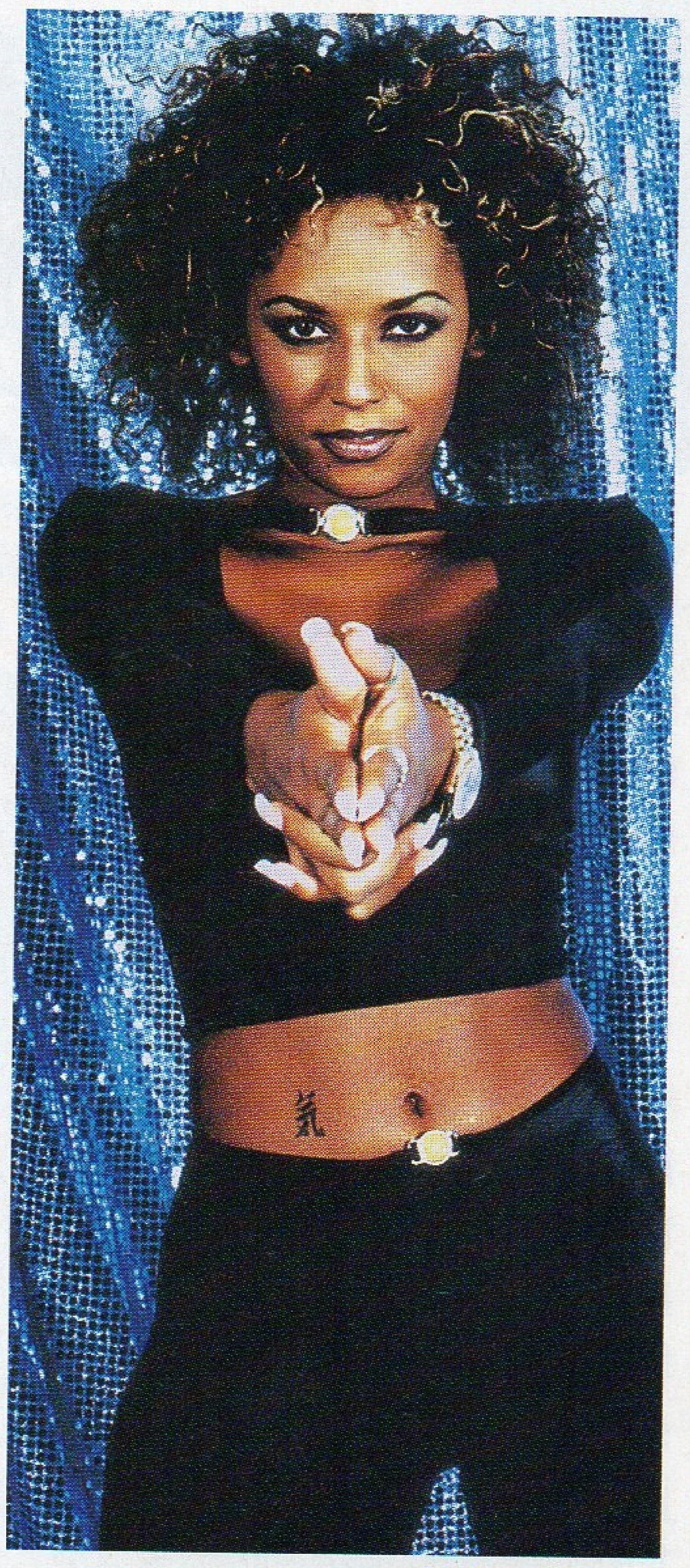
9 How old was Mary Shelley when she wrote the horror classic Frankenstein?
a 21
b 46
c 102

10 Why did some people believe that Queen Elizabeth I was the daughter of a witch?
a She kept a toad for a pet
b Her mother had six fingers on one hand and three breasts
c She could turn her head all the way round

11 What was the nickname of the creepy London murderer of the late nineteenth century?
a Clive The Cleaver
b Harry The Hatchet
c Jack The Ripper

12 What is a lycanthrope?
a A werewolf
b Half man, half frog
c A scary bear without hair

13 Which spice scares away vampires?
a Ginger
b Sporty
c Garlic



14 Which cartoon dog chases ghosts?
a Deputy Dawg
b Snoop Doggy Dog
c Scooby Doo

15 According to legend, how do you kill a werewolf?
a Drive a stake through its heart
b Give it a saucer of sour milk and call it 'Tiddles'
c Shoot it with a silver bullet

16 What does the German word 'Poltergeist' mean in English?
a Noisy ghost
b Uninvited guest
c Creepy ghoul

17 What is the name of Raymond Briggs' bogeyman?
a Fergus
b Fungus
c Barry

18 What type of ghost was Caspar?
a Friendly
b Fearsome
c Flatulent

19 Where are Mexicans most likely to have their picnics on 2 November, The Day of the Dead?
a The local butcher's shop
b The local hairdresser's
c The local cemetary

20 What did the ancient Greeks paint on their ships to scare away sea monsters?
a A pierced tongue
b Two giant fingers
c A giant eye

ANSWERS

1)b 2)c 3)a 4)b 5)b 6)b 7)b 8)c 9)a 10)b 11)c 12)a 13)c
14)c 15)c 16)a 17)b 18)a 19)c 20)c

SWEET SUGARY QUIZ

Test your sweet tooth!

1 What is Sugar Land?
a) A London sweet-shop
b) An American city
c) An area on the moon

2 What did Henry Tate invent in 1878?
a) Knickerbocker Glories
b) Sugar cubes
c) Jam donuts

3 What is Sugar Mountain in Minnesota famous for?
a) Skiing
b) Olive groves
c) Volcanic activity

4 In which film musical does the song 'A Spoonful of Sugar' appear?
a) The Sound of Music
b) Mary Poppins
c) Seven Brides for Seven Brothers

5 Who had a hit with the song 'Brown Sugar'?
a) Tom Jones
b) D'Angelo
c) George Michael

6 In the 1300s in Southern France sugar was...
a) Imported for the first time
b) Given as a present to lovers
c) The cause of a riot in Nice

7 'Frozen custard', 'Eskimo pie' and 'Iced butter' are early names for which yummy dish?
a) Spotted dick
b) Summer pudding
c) Ice cream

8 Who used to use a sugar and water as a kind of hair fixative?
a) Punks
b) Romans
c) Wig-makers

9 Queen Elizabeth I...
a) offered sugar to those who were beheaded at her command to 'sweeten the taste of death'
b) put sugar in everything she ate
c) denied her subjects access to sugar, saying that it is 'the food of God and Rulers'

10 What does the yummy Italian dessert, tiramisu translate to in English?
a) Trifle
b) Mothers' ruin
c) Pick me up

11 In Henry VIII's time what did they used to make out of sugar?
a) Hats
b) Plates
c) Bikes

12 What is sugaring?
a) A form of hair removal
b) A new way of snogging
c) Something you do to a cake

13 What was originally made using potato starch, flour, treacle and cocoa?
a) Chocolate chips
b) Drinking chocolate
c) Bread pudding

14 According to the nursery rhyme what are little girls made of?
a) Jam and honey and plenty of money
b) Toffee and coffee
c) Sugar and spice and all things nice

15 What country eats the most chocolate a year?
a) Britain
b) USA
c) Switzerland

16 What did Italian hokey-pokey men sell in London 100 years ago?
a) Ice cream
b) Sugared gerbils
c) Cola bottles

17 What happens if you stick sugar in a bucket with lots of grapes and stamp up and down on them, and then leave them for a few years?
a) You make wine
b) You make a mess
c) You make perfume

18 Which condition means that you have to be careful with sugar?
a) Diabetes
b) Excema
c) Asthma

19 What three flavours is Neapolitan icecream made from?
a) Chocolate, strawberry and vanilla
b) Coffee, toffee and fudge
c) Lime, strawberry and orange

20 What cereal does the Honey Monster eat?
a) Cornflakes
b) Weetabix
c) Sugar Puffs

ANSWERS

1)b 2)b 3)a 4)b 5)b 6)b 7)c 8)a 9)b 10)c 11)b 12)a 13)b
14)c 15)a 16)a 17)a 18)a 19)a 20)c

STARSCOPE

Our very own galactic goddess Glenda gazes mystically skyward... and gasps!

ARIES
Mar 21 – Apr 20
You must stop hitting your head against a brick wall! Good things happen when you let them, not when you force them. It's a hard lesson to learn when you're so full of energy and the world seems a little slow. But take a deep breath, sit down and give it a chance to catch up with you. You won't regret it.

TAURUS
Apr 21 – May 20
Taureans can appear quite frail at times. They're very good at hiding their strong, stubborn characters! You're so determined to do well that all that back-breaking work might do just that, if you're not careful. So have a break and take stock of everything you've achieved so far. This is a lucky time for you, so you don't need to try quite so hard right now.

GEMINI
May 21 – Jun 20
Thinking, thinking, thinking... when will you stop? Well, I suppose someone has to do it for the rest of us! But while you're busily making plans for the future, don't forget the present, will you? The answers to all your questions can be found in the here and now, so live for the moment and enjoy!

CANCER
Jun 21 – Jul 22
Over the next few months you will begin to reap the benefits of all your hard work. You can start the process of winding down and unpicking all those tight stitches you've sewn around yourself. That means that by July you'll be in your birthday suit, which is excellent timing! Love is coming your way, so open up your heart and let it in!

LEO
Jul 23 – Aug 22
Leos are known for their hot passion, but lately you've been feeling the cold. Warm yourself up with a hot bath, a steam or a sauna, followed by lots of lovely pampering, and you'll soon be roaring like a lion again. Remember – don't let other people's problems get you down!

VIRGO
Aug 23 – Sep 22
The planets are looking good for Virgos at the moment, so now is the time to get out there and make things happen. And why not spread some of that happiness around? When life gets more complicated again, you'll be glad you showed your sunny side to the world.

LIBRA
Sep 23 – Oct 22
Librans are always so busy, handling everything with such ease. But despite the outward appearance of cool, I know things haven't really been that great recently. It's all change now, though, and you're starting to smile again. Is it because there's someone new in your life? (I think so!)

SCORPIO
Oct 23 – Nov 21
You've just been on a steep learning curve and you're starting to realise how special you are. Everyone knows you're a charmer, but now they're all beginning to understand that there's more to you than a sunny smile and small talk. Summer's coming and it's going to be a picnic, so start making those cucumber sandwiches! Remember, good times are where you are.

SAGITTARIUS
Nov 22 – Dec 21
Such mellow fellows, aren't you? You never need very much to keep you happy, because you enjoy both the journey and the destination! You love being alone, which is a fantastic quality, but don't forget your friends. We all need somebody, however strong we feel, so get your mates over and remind yourself of how good it is to talk to the people who really understand you.

CAPRICORN
Dec 22 – Jan 19
The thing about Capricorns is that they seem to get younger as they get older. How lucky is that? Most of us would pay a lot of money to have that quality! Over the past few months, you've realised that it's time you took a good look at yourself. The result? Some significant changes are taking place – and there's more to come!

AQUARIUS
Jan 20 – Feb 18
Aquarians don't normally stand for any crap, but lately it seems that you've been letting someone mess around with your feelings. Energy is a precious commodity, so why waste it? You might not believe it now, but there's someone else just around the corner – you'll see!

PISCES
Feb 19 – Mar 20
You Pisces people are never short of admirers, are you? So how come that's not enough? You're looking for love, that's why, and it doesn't come around that often (for any of us). But don't worry, you've had a few false starts and now it's time for the real action to begin. Get ready for an explosion! (Eat your heart out, Jean Claude Van Damme.)

MESSAGE TO ALL 12 SIGNS
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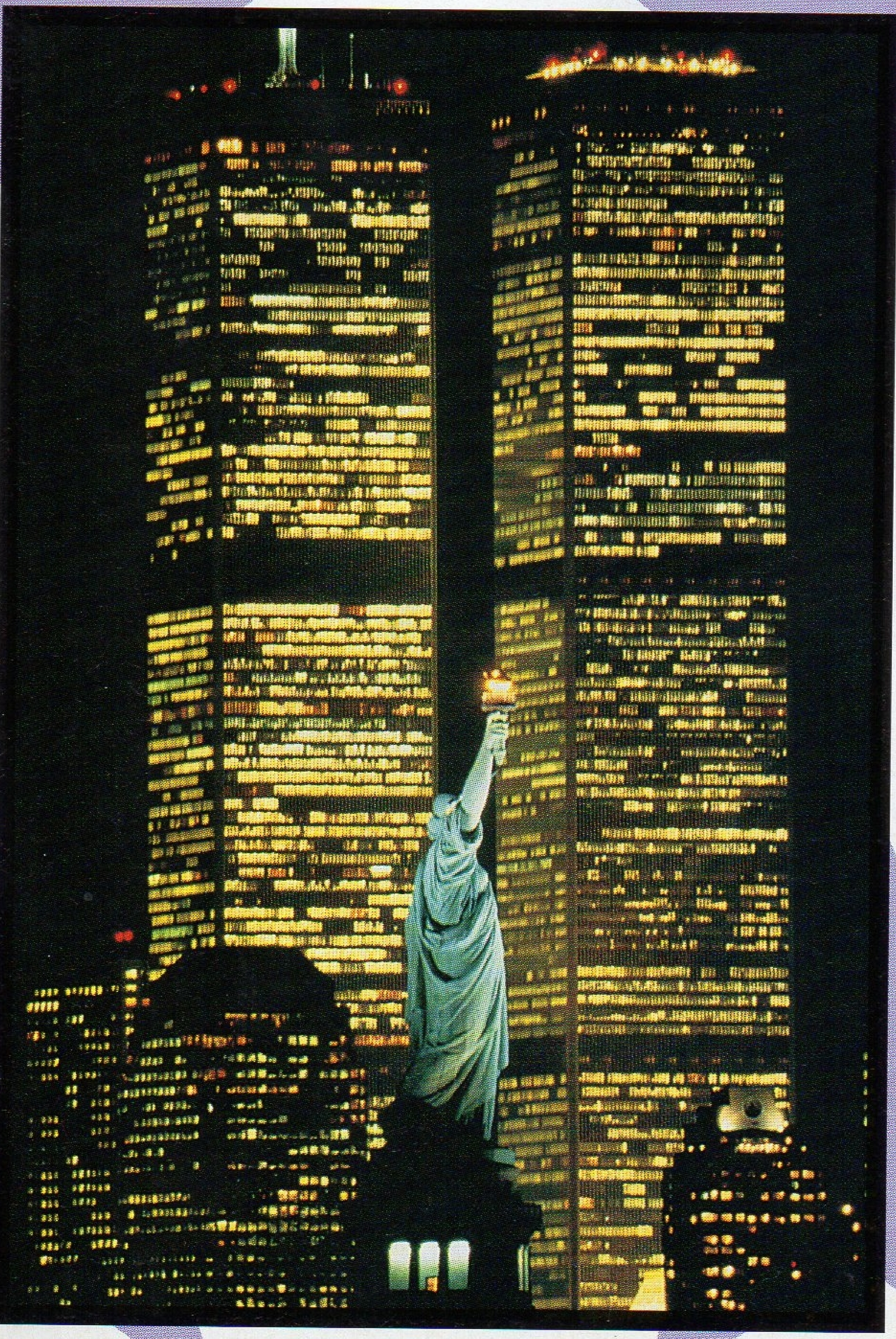

PICTOR

We will fly you and a friend or parent to New York, courtesy of those lovely, lovely people at Virgin Atlantic.

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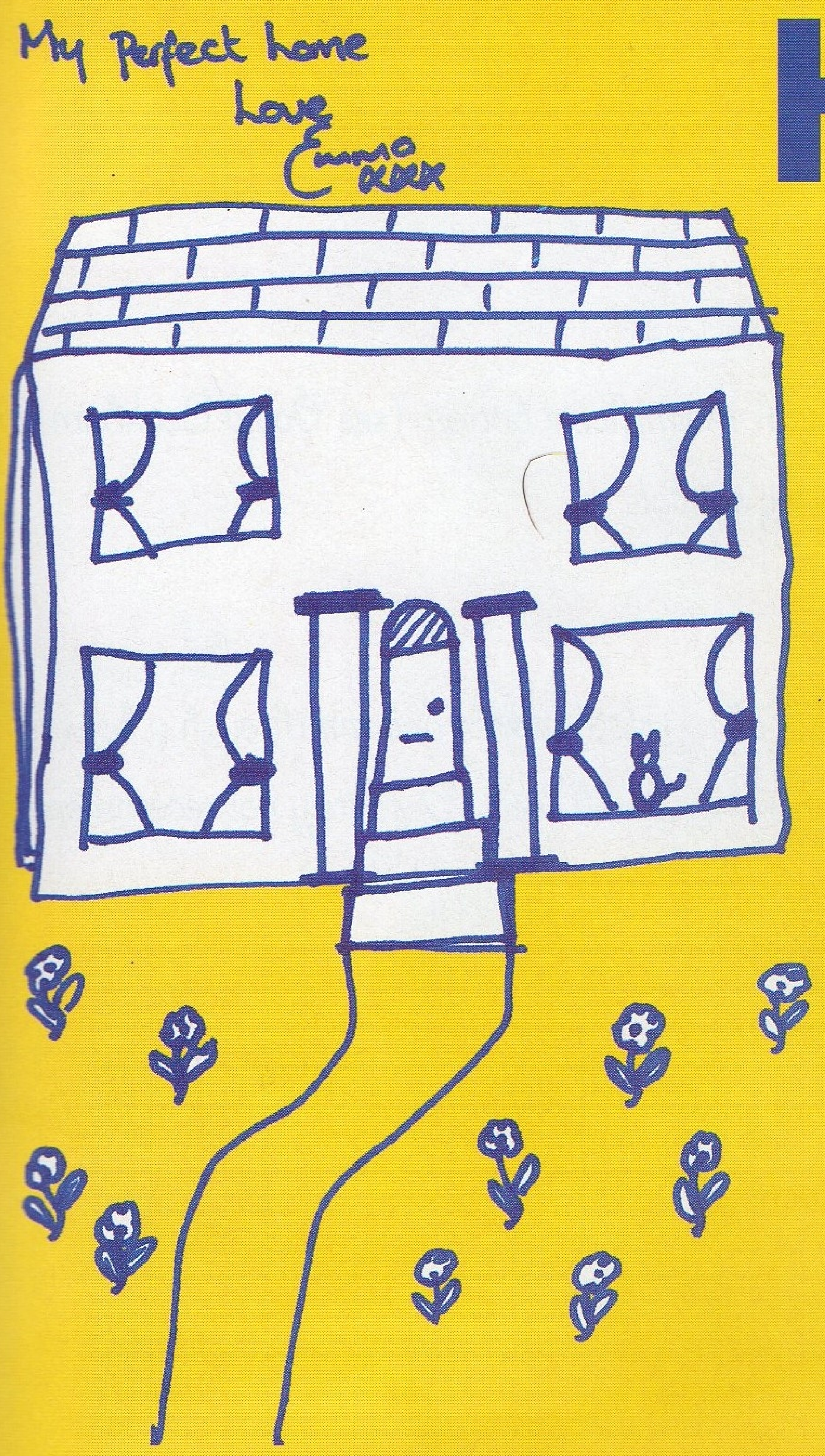
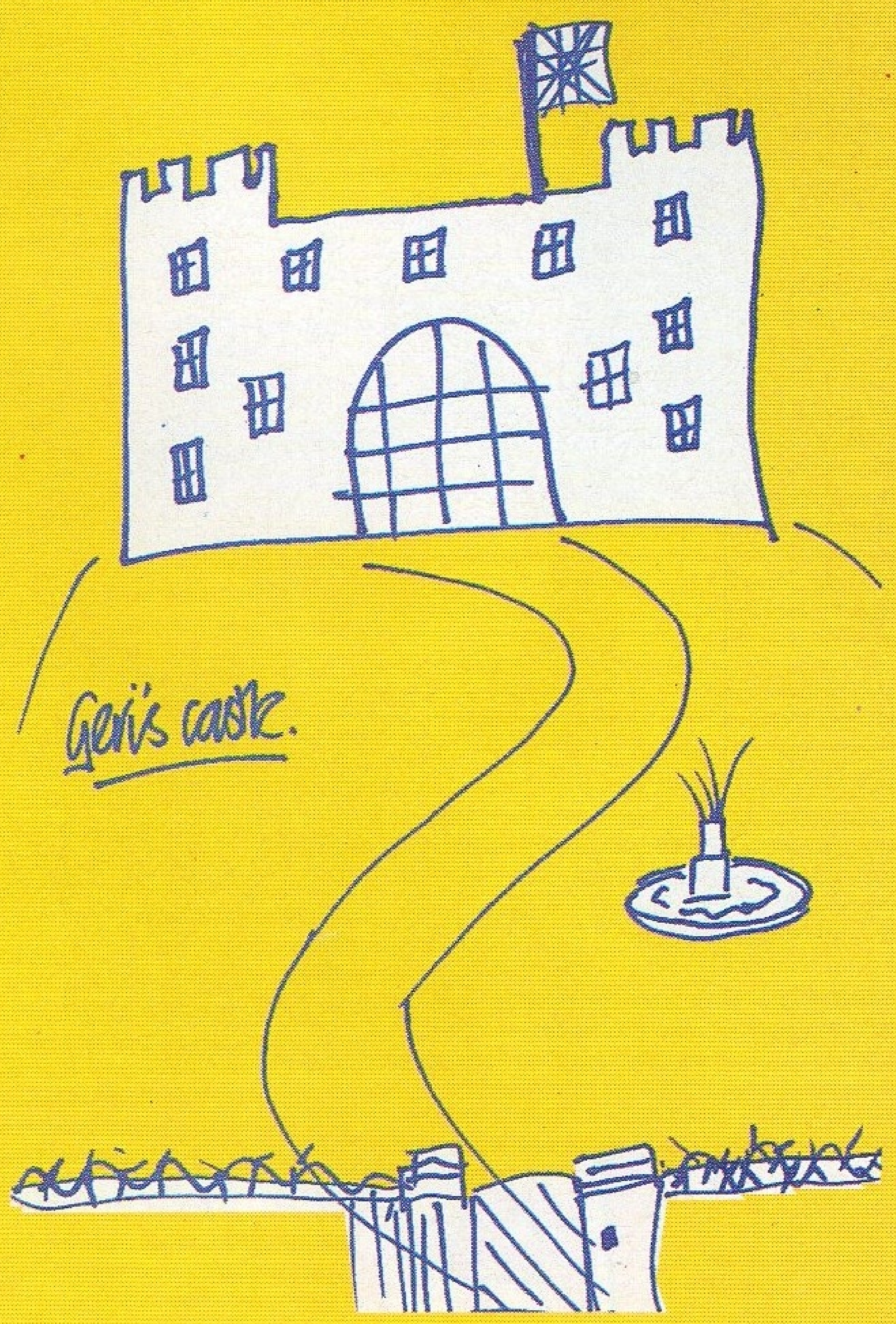
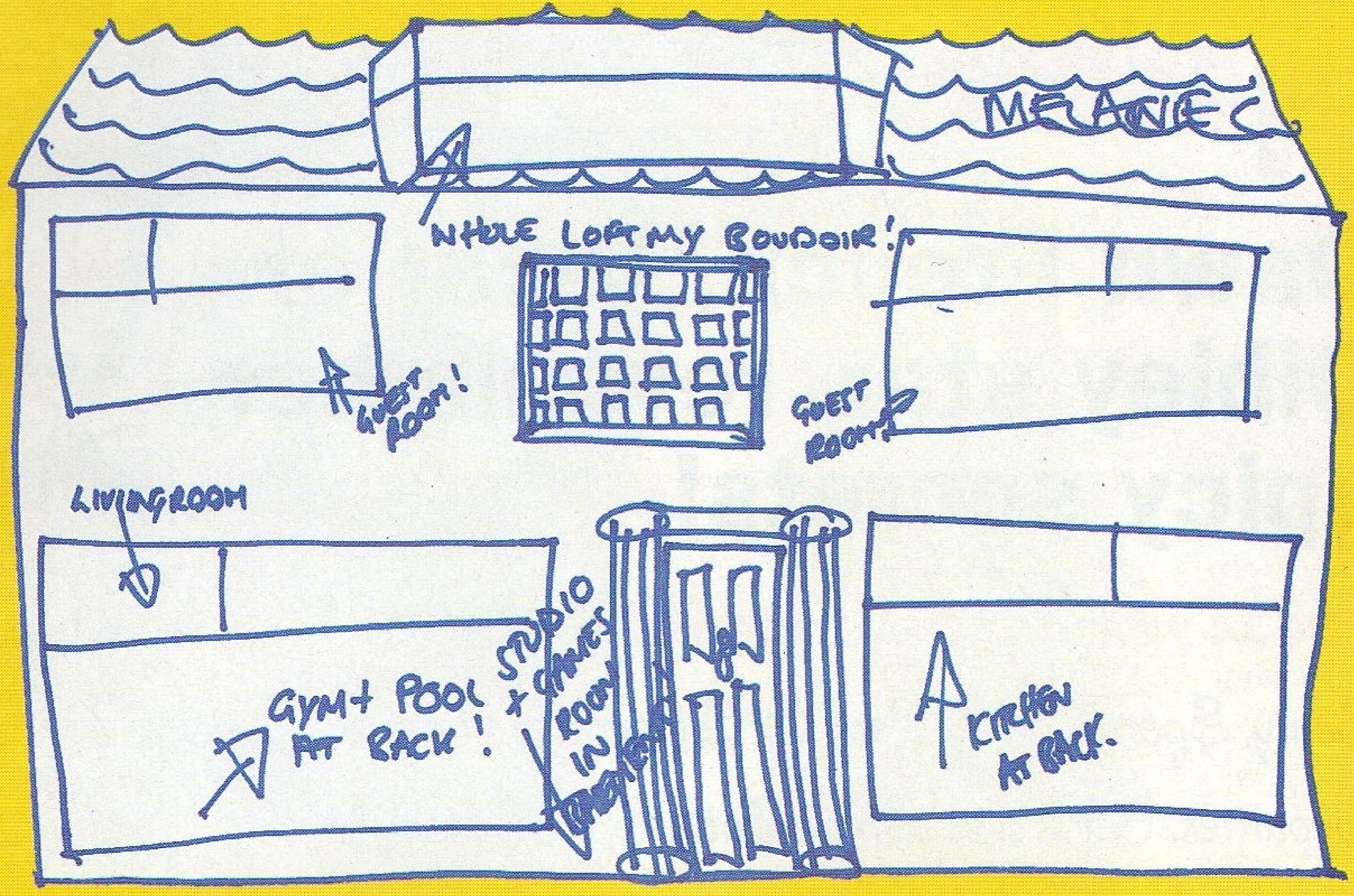
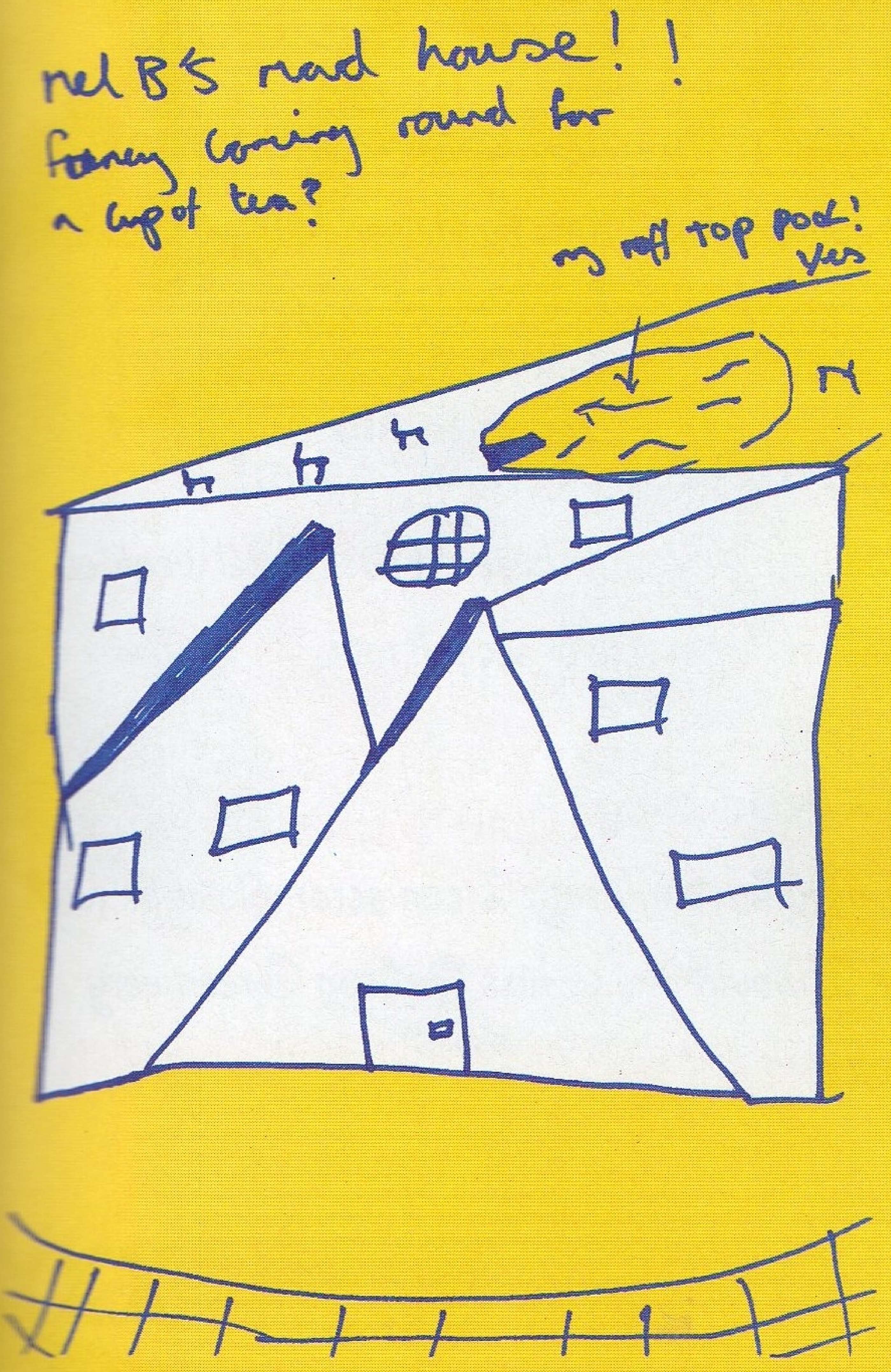
Home sweet home

What would your dream house look like? Would it be a shack or a chateau?

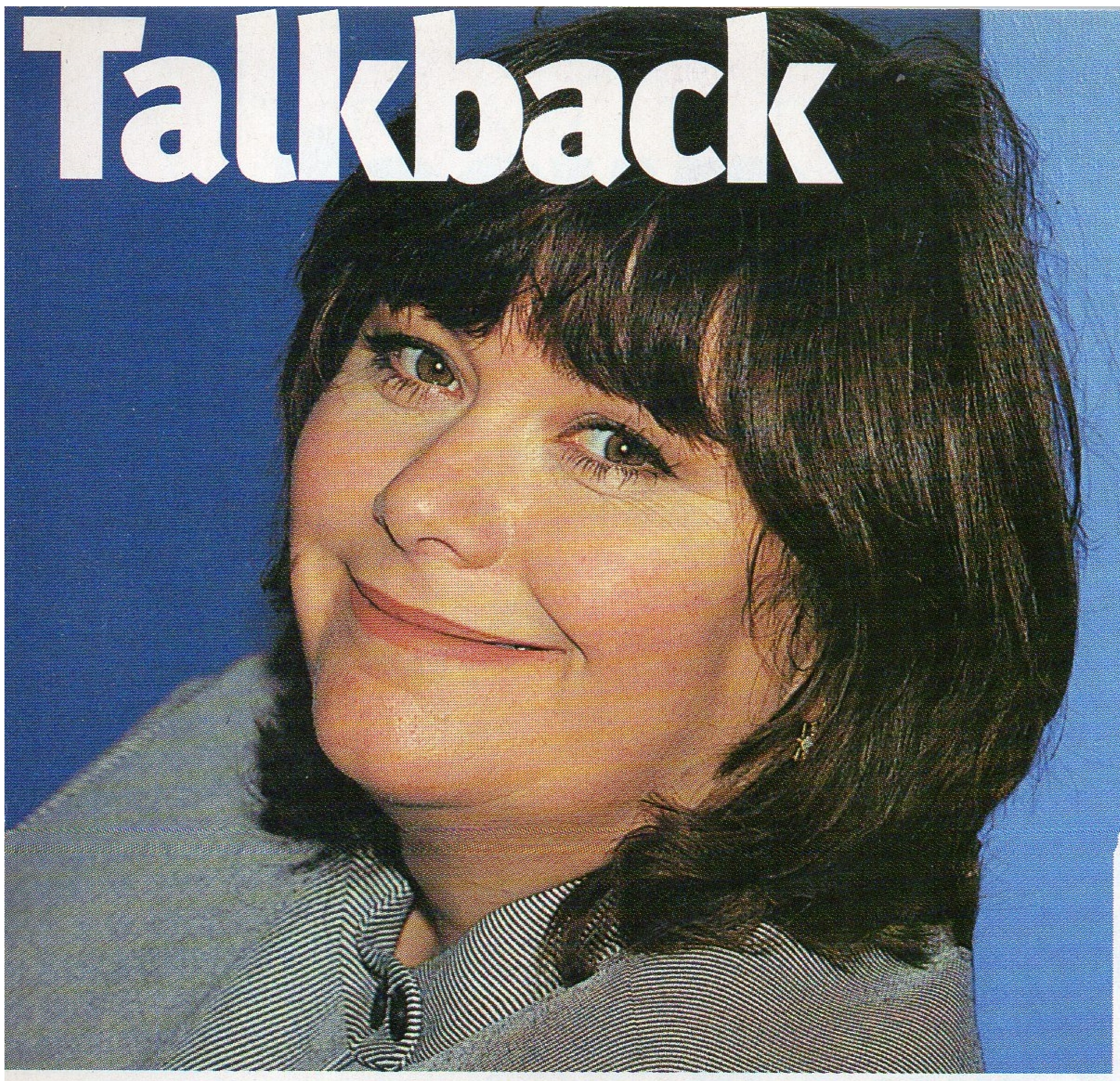








Talkback



REX

We ask the questions!

Dawn French, Vicar of Dibley star, reveals her spicy secrets!

Who is your favourite Spice Girl?

Scary, Sporty, Baby, Posh & Ginger are all my favourites. But I also admire Fatty Spice (Jennifer Saunders) and Billie Spice (my daughter) and, of course, Smelly Spice (our dog).

What's your favourite sweetie?

I'd rather you asked me "who's" my favourite sweetie – then I could answer Leonardo DiCaprio. But I suppose Terry's Chocolate Orange is my favourite, if I'm being honest.

What do you feel is the most important feature in a woman?

Good teeth, magnificent bosoms (see Ginger) and having no shame.

What do you feel is the most important feature in a man?

Good teeth, magnificent bottom (see David Beckham) and not wearing sandals.

What's the craziest thing you've ever done?

I took off all my clothes once and ran through a housing estate where my friend lived. (Definitely not recommended – as I caught frostbite in the nipple area.)

What undies do you wear?

How dare you!! Big scratchy ones, of course, made from coarse sacking.

What would you consider to be an ideal part in a film?

I would like to play a woman who lives on a beach in Jamaica and drinks rum punch all day.

What's your favourite song of all time?

'Ne Me Quittez Pas' – sung by Alison Moyet. (Also, anything by David Cassidy or The Smurfs).

What does Girl Power mean to you?

A lot, thank you. At last, girls don't have to feel weak or embarrassed, or disposable or second rate.

Are you a good snog?

The best. My husband says I can scramble eggs with my tongue. I would like to kiss Robson Green very much. Twice.

Love Dawn XXX

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